

CHOCOLATE HAZELNUT ENERGY BITES

SERVES: 12-15 energy balls

INGREDIENTS

1 cup pitted dates
1/2 cup whole hazelnuts
1/4 cup unsweetened cocoa powder
2 tablespoons almond butter
1 tablespoon honey
1 teaspoon vanilla extract
Pinch of sea salt
Optional: Additional ground hazelnuts for rolling

METHOD

1. Place whole hazelnuts in a food processor and pulse until they are finely chopped.
2. Add pitted dates to the food processor and pulse until the dates are broken down.
3. Add cocoa powder, almond butter, honey, vanilla extract, and sea salt to the food processor.
4. Process the mixture until it forms a sticky, cohesive dough that holds together when pressed. If the mixture seems too dry, add a teaspoon of water or additional honey.
5. Remove the mixture from the food processor and place in a bowl. Using clean hands, roll the mixture into small balls, about 1-inch in diameter. If desired, roll the energy balls in additional ground hazelnuts to coat the exterior.
6. Place the energy balls on a plate or baking sheet lined with parchment paper.
7. Refrigerate for at least 30 minutes to firm up before serving.
8. Store in an airtight container in the refrigerator for up to one week.

TIP: Use a small ice cream scoop to scoop and roll into balls.