

Recipe for: MINT CHOCOLATE ENERGY BITES

INGREDIENTS

- 2 1/2 cups dates, pitted
- 1/2 cup cashews, unsalted
- 1/2 cup sunflower seeds, unsalted
- 2 tablespoons chia seeds
- 7-10 fresh mint leaves, stems removed
- 1/2 cup of cacao or unsweetened cocoa
- 3/4 cup coconut oil
- pinch of salt

DIRECTIONS

1. Line a large airtight container with parchment paper and set aside.
2. Combine all ingredients except cacao in food processor and blend well. You may have to scrape down the sides and pulse a few times to get all ingredients well combined.
3. Add in cacao 1-2 tablespoons at a time and blend well. Taste after each addition to test level of 'chocolateiness' and adjust flavor to your liking. Too much cacao can create a bitter taste, so go slow and taste often.
4. Once you've reached desired taste and consistency, wet hands with water to prevent sticking and roll tablespoon size portions of mixture into balls.
5. Place balls in parchment paper lined container. Chill for about an hour. Serve and enjoy!

Store leftovers in refrigerator in an air-tight container

