

COCOA ENERGY BITES



GYMGAIR

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Makes 15

NUTRITIONAL INFORMATION:

Gluten Free, Dairy Free

Kcal: **166**

Protein: **4g**

Carbohydrate: **15g**

Fat: **10g**



INGREDIENTS

155g Ground almonds
2.5 tbsp Coconut oil, melted
2.5 tbsp Almond butter
2.5 tbsp Maple syrup
1 tsp Vanilla extract
8 Pitted dates
2 tbsp Chia seeds
40g Unsweetened cocoa powder
1 tsp Ground cinnamon

COOKING TIME: 15 minutes

METHOD:

1. Place all the ingredients into a food processor & pulse until combined. Take 1 tbsp of mixture & roll into a ball. Makes 15 balls.
2. Place them in an airtight container & keep in the fridge for up to 2 weeks. Can be frozen & stored for up to 2 months.

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