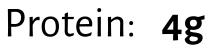
COCOA ENERGY BITES



Makes 15 NUTRITIONAL INFORMATION:

Gluten Free, Dairy Free

Kcal: **166**



Carbohydrate: **15g**

Fat: **10g**



INGREDIENTS

Ground almonds
Coconut oil, melted
Almond butter
Maple syrup
Vanilla extract
Pitted dates
Chia seeds
Unsweetened cocoa powder
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.

gymgair@outlook.com