



Chocolate Hazelnut Energy Bites (No Bake)

Once you make these, Chocolate Hazelnut Energy Bites you'll always want to have them on hand. Whip up a batch and snack on one or two of them when you need a little pick-me-up to get through the day.

INGREDIENTS

¼ cup raw hazelnuts
15 Medjool dates, pitted
2 tablespoons cacao (raw chocolate) powder or substitute unsweetened cocoa powder
¼ cup unsweetened almond butter
2 tablespoons chia seeds

1 tablespoon coconut oil
½ teaspoon pure vanilla extract
pinch of sea salt

INSTRUCTIONS

In the food processor, grind the hazelnuts into medium-fine crumbles. Overall, it should be an even grind.

Remove the blade from the food processor and transfer the ground hazelnuts to a plate.

Put the blade back in your food processor and add dates, raw cacao, almond butter, chia seeds, coconut oil, vanilla extract and sea salt.

Run the food processor for a minute, then stop and scrape down the sides which may be repeated once or twice. Once the mixture forms a ball, it should be done.

Transfer the mixture to your cutting board. Scoop into the mixture, roll into a ball with the palms of your hands, then coat the balls in the ground hazelnuts until evenly coated.

Place all the energy bites on a baking sheet, lined with parchment paper, and refrigerate for 30 minutes -1 hour.

Store in a glass container in the refrigerator for up to one week.