



Chocolate Almond Bites

Prep Time: 15 minutes

Cook Time: 1 minute

INGREDIENTS:

- ✓ 4 Medjool dates, pitted and chopped
- ✓ 1/4 cup (50 mL) water
- ✓ 1 cup (250 mL) canned no salt added black beans, drained and rinsed well
- ✓ 2 tbsp (25 mL) natural almond or peanut butter
- ✓ 3 tbsp (45 mL) unsweetened cocoa powder
- ✓ 1 oz (30 g) bittersweet 70% cocoa chocolate, melted
- ✓ 1/2 tsp (2 mL) vanilla extract
- ✓ 3 tbsp (45 mL) ground almonds

DIRECTIONS:

1. In a microwaveable bowl combine dates and water; cover and microwave on High for 1 minute or until softened and water is absorbed.
2. Scrape mixture and beans into food processor with almond butter and cocoa powder. Puree until very smooth; stopping and scraping down sides a couple of times.
3. Scrape mixture into a bowl and stir in chocolate and vanilla. Chill in refrigerator for about 45 minutes or until slightly firm. Using a mini ice cream scoop or tablespoon, roll into balls and place on small baking sheet. Roll into ground almonds and keep refrigerated.

TIPS

- These can be frozen for up to 2 weeks or kept in the refrigerator for up to 1 week in a covered container.
- These are full of protein, healthy fats, and carbs → the three macronutrients!