

CHOCOLATE

BROWNIE BITES

PREPARATION TIME: 10 MINUTES
MAKES: 12 BALLS

INGREDIENTS

- 90G OATS (GLUTEN-FREE IF NEEDED)
- 3 TBSP RAW COCOA POWDER
- 1 TSP OF VANILLA EXTRACT
- 8 MEDIUM MEDJOOL DATES (PITTED)
- WATER OR HONEY (IF NEEDED SO NOT TOO DRY)
- 1/3 CUP DESICCATED COCONUT (FOR ROLLING)

SWSAS

CHOCOLATE

BROWNIE BITES

METHOD

1. IN A FOOD PROCESSOR OR BLENDER, MIX THE OATS AND COCOA POWDER TOGETHER INTO A FLOUR.
2. ADD THE VANILLA AND DATES AND BLEND UNTIL THE MIXTURE IS WELL COMBINED AND STARTS TO BALL TOGETHER.
3. ADD A TABLESPOON OF WATER IF NEEDED, TO HELP THE MIXTURE BALL TOGETHER.
4. TAKE A TABLESPOON OF THE MIXTURE AND ROLL INTO A BALL. REPEAT UNTIL YOU HAVE APPROXIMATELY 12 BALLS.
5. ENJOY!

SWSAS