

DATE, ALMOND & CHOCOLATE BLISS BALLS

L o r e n C D i e t i t i a n

Ingredients

- 1/2 cup of pitted dates
- 2/3 cup of roasted almonds
- 1/4 cup of vanilla protein powder (can use chocolate)
- 1 tablespoon of peanut or almond butter
- 45g bar of orange or mint flavoured pana chocolate (can use just any dark chocolate as an alternative), roughly chopped

Method

1. Place dates in a small saucepan with $\frac{1}{4}$ cup of water and boil for a few minutes (until soft)
2. In a food processor, blend the almonds, dates, chocolate, nut butter and protein powder
3. Roll mixture into evenly sized balls and refrigerate for a few hours before eating

Makes 8-10