

Recipes

Brownie Bites

Prep time: 10 minutes

Total time: 10 minutes

- 1 ¼ cup medjool dates (~14 dates, measured after pitting – make sure they are sticky and fresh, not too dried)
- ¼ cup cocoa powder (or cacao), plus more for rolling
- 3 tablespoons hemp seeds
- ¼ cup roughly chopped raw walnuts
- 1 ½ Tbsp creamy almond butter (or peanut butter)
- 2 pinch sea salt
- ¼ tsp vanilla extract

Instructions

1. To a food processor add pitted dates, cocoa or cacao powder, hemp seeds, walnuts, almond butter (or other nut/seed butter), salt, and vanilla.
2. Pulse until the mixture is well blended and starts to clump together (~30 seconds – 1 minute). If it's too dry or crumbly and it doesn't stick together when pressed between two fingers, add more nut butter or pitted dates (just ensure your dates are sticky and fresh, or it will only further dry out the mixture.)
3. Scoop out 1 ½ Tbsp amounts and gently roll into balls (14 balls).
4. Enjoy as is or roll in extra cocoa for an extra chocolaty exterior. Store leftovers covered in the refrigerator up to 2 weeks, or in the freezer up to 1 month (often longer). Let come close to room temperature before enjoying for best texture.