

Choc Date Energy Bites



Ingredients:

- ½ cup Linseeds
- ½ cup Sunflower Kernels or almonds
- ½ cup Chia seeds
- 1 cup coconut flakes
- 3 tbs coconut oil
- 3 cups dates
- 2 tbs cacao powder (or 3tbs cocoa powder)
- 1 tbs Maca powder
- 100 gms dark chocolate for drizzling (optional)

Method:

Add the dry ingredients together in a food processor and process until the dates are finely chopped. Add the coconut oil and process until the mixture comes together and makes a 'creamy' consistency.

Press the mixture into mini muffin tins and place into a hot oven for 5 minutes.

Allow to cool completely before removing from the tin. Top with melted dark chocolate for something a little more indulgent.