

## **Tried and Tested: Chocolate Date Bites**

Enjoy a little love with your valentines, family or friends this February. These are quick and easy to make and require no cooking!

**Recipe tested by:** Diana Dibblee, PDt

### **Ingredients:**

1 cup dates (soak and pitted, I used Medjool)

1/4 cup almonds

1/4 cup natural peanut butter

1/4 cup mini chocolate chips

1/4 quick cooking oats

1 T ground flax seed

1 t vanilla

sprinkle cinnamon

### **Instructions:**

1. Mix all ingredients in food processor at high speed for 2 mins (to ensure nuts are chopped up).
2. Roll into small balls. Coat with dried unsweetened coconut if desired.
3. Chill in a container for up to 10 days. Enjoy the sweet taste!