



Date Nut-Butter Bites

24 servings

10 minutes

Ingredients

- 1 1/2 cups Pitted Dates ((soaked in water for up to 24 hrs. to soften))
- 1 cup All Natural Almond Butter ((use any nut-butter))
- 1/2 cup Ground Flax Seed
- 1/2 cup Unsweetened Shredded Coconut
- 1/3 cup Vanilla Protein Powder
- 1 Sea Salt (dash of salt)
- 1/3 cup Walnuts (optional) (chopped)

Directions

- 1 Smash the dates into paste, then mix all ingredients in and roll into balls. You can roll them in coconut flakes. Place in fridge for 30 minutes before eating. Keep stored in fridge or freezer. Makes 24 balls, and a serving is one ball.

Notes

Serving size: One bite/ball equals one serving.

Nutrition

Amount per serving	
Calories	129
Fat	9g
Carbs	11g
Fiber	2g
Sugar	7g
Protein	5g
Cholesterol	0mg
Sodium	5mg
Potassium	134mg
Vitamin C	0mg
Calcium	20mg
Iron	1mg
Vitamin D	0IU
Folate	13µg
Vitamin B12	0µg
Magnesium	27mg
Zinc	0mg