



Cinnamon Almond Date Bites

SERVINGS: 14

PREPPING TIME: 5 MINS

COOKING TIME: 10 MINS

INGREDIENTS

1 cup almonds
1 cup pitted dates
1/2 cup almond butter
1 tsp. vanilla extract
1 tsp. cinnamon
1/4 tsp. sea salt

DIRECTIONS

1. Add the almonds to a food processor and pulse until it forms a coarse meal. Then add the pitted dates and almond butter and pulse a few times.
2. Then add the vanilla, cinnamon, and salt and process until everything is well combined.
3. Break up any large chunks of dates with a spatula and pulse until they are broken up. Add a bit more nut butter if the mixture seems a bit dry.
4. Using a tablespoon, scoop out equal portions of the mixture and roll into balls. Will make approximately 14 balls.

NUTRITION

Serving size: 1 ball
(per serving) 123.6 calories, 9.5g fat, 0.7g saturated fat, 0mg cholesterol,
63.2mg sodium, 7.7g carbohydrate, 2.1g fiber, 4.5g sugar, 4g protein