

VEGAN BROWNIE BITES

Ingredients:

WET INGREDIENTS

- 3/4 cups dates, soaked and drained
- 1 teaspoon vanilla extract

DRY INGREDIENTS:

- 1/4 cup ground flax seeds or flax seeds
- 1/4 cup cocoa powder
- 1/4 cup almond flour or almonds
- 1/8 teaspoon sea salt
- 1/2 cup shredded coconut flakes or powder (1/4 cup for brownie mixture and 1/4 cup for coating)



*VEGAN



*GLUTEN-FREE



Serves: 12

Preparation:

1. Combine all dry ingredients in your food processor, then add the dates and vanilla extract and process until the dough sticks together when you press it between your fingers.
2. Roll the mixture into round balls.
3. Roll the balls in shredded coconut flakes or coconut powder.
4. Place in the fridge for at least an hour.
5. Remove from the fridge 5 minutes before serving.

Note:

- You can store these brownie bites in the fridge or freezer in a zipped bag or container for at least 3 weeks if the dates are fresh.
- If your dates are not soft/moist, soak them in warm water until they are soft.

Nutrition Facts

12 servings per container	
Serving size	1 Brownie Ball
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 73mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.