

date energy bites

MAKES 24-32 bite-sized treats

RECIPE FROM: [Detoxinista](#)

PREP TIME: 10 to 15 minutes

2 cups cashews, or other nut/seed of choice

1 cup shredded unsweetened coconut

2 cups soft Medjool dates, pitted

2 Tbsp coconut oil, melted

½ tsp sea salt

1 tsp vanilla extract

For a gourmet-looking truffle, roll in shredded coconut or cocoa powder before chilling!



PROCESS the walnuts and coconut in a large food processor fitted with an "S" blade until crumbly.

ADD in the dates, coconut oil, vanilla and sea salt and process again until a sticky, uniform batter is formed.

SCOOP the dough by heaping tablespoons, then roll between your hands to form bite-sized balls.

ARRANGE them on a baking sheet lined with parchment paper, then place in the freezer to set for at least an hour before serving.

STORE in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf life.

ENJOY 1-2 bites for a snack or sweet treat.