

CHOCOLATE KISS TREATS



12-16 Pitted Medjool Dates

6 T Nut Butter of choice

4 T Cacao powder

1 Scoop protein powder

Pinch of sea salt

Dash of Cinnamon

6 T water (as needed)

2 T Coconut Oil

1 T Flax, Chia, and/or Hemp seeds

Optional: unsweetened coconut flakes and chocolate morsels.

Combine all ingredients in a food processor and pulse several times until dates are chopped and everything is combined and sticking together.

Now, just take a spoon size of the mixture and roll into a ball and then roll into some unsweetened coconut flakes if you'd like. You can also press a dark chocolate morsel in the center of each ball for an extra treat!

Feel free to snack on them right away or put them in the fridge and grab when ready to enjoy a guilt free treat!

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