

## Raw Chocolate and Chia Balls



1 cup dates

1/3 cup chia seeds

½ cup ground almonds

2/3 cup shredded coconut

3 T raw cacao powder/homebrand cocoa powder

1/3 cup melted coconut oil

1 T cacao nibs (optional)

Put dates in microwave for 40-60 seconds to soften

Process the dates until they form a sticky ball

Add remaining ingredients and process until well combined

Roll 1 T of mixture into a ball at a time Keep refrigerated until ready to eat

Makes roughly 25 balls at 95 calories each

Macronutrient ratio; Carbs 35%, Protein 9%, Fat 56%