

Minty Cocoa Bites

These Minty Cocoa Bites combine the natural sweetness of dates with the richness of cocoa and a refreshing hint of peppermint. They're the perfect, guilt-free treat for the holiday season.

Ingredients:

- 2 cups pitted dates
- 1 cup walnuts, chopped
- 2 cups rolled oats
- 1 cup shredded unsweetened coconut plus more for rolling (optional)
- 2 T cocoa powder
- 2 t vanilla extract
- 1/2 t peppermint extract
- 2 T maple syrup



Instructions:

In food processor, blend dates into small pieces. Add the walnuts, oats, coconut, and cocoa powder. Pulse until the mixture resembles bread crumbs. Add the extracts and maple syrup.

Pause the machine and check the texture by taking a small amount into the palm of your hand and rolling into a ball. If the mixture does not bind, add a small amount of extra maple syrup.

Roll into balls. Roll in coconut shreds (optional). Chill. Store in the refrigerator, tightly covered.

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COACHING