



Recipes

No Bake Omega 3 Mint Brownie Energy Bites

Total Time: 20 minutes

Yield: 8 servings

Ingredients

- 1 cup (4oz) raw walnut halves
- 1 cup packed pitted medjool dates
- 3 tbsp unsweetened cocoa powder
- 1 tsp vanilla extract
- 1/4 tsp mint or peppermint extract
- 1/8 tsp salt

Directions

- Place walnuts and dates into a food processor. Process for about 1 minute or until walnuts and dates come together well. Walnuts should be slightly chunky.
- Add in the remaining ingredients and pulse until a dough forms. The dough texture should be thick and clumpy, and possibly come together into a ball. If it isn't, add 1 or 2 tbsp of warm water.
- Use a cookie dough scoop to grab 1 tbsp of mixture and then roll into a ball. Place onto a small baking sheet lined with parchment paper. Repeat until all the mixture is gone. Place in fridge for 30 minutes to allow balls to chill and harden a bit.
- After balls are done chilling, transfer to an airtight container or reusable bag and store in fridge for 1 week or in freezer for up to 3 months.

Nutrition

Serving: 2 brownie bites. 166 calories; 21.1g carbohydrates; 3g protein; 10g fat; 1.2g saturated fat; 3.3g fiber; 16.4g sugar

Recipe adapted from ambitiouskitchen.com