

No-Bake Brownie Bites



No-Bake Brownie Bites

Prep Time: 20 min. Chill Time: 15 min. Makes: 15 bites.

INGREDIENTS

- 1/4 cup walnuts (or sunflower seeds)
- 1/4 cup rolled oats (or rolled quinoa for gluten-free)
- 1/4 cup chia seeds (or flax seeds)
- 1/2 tsp vanilla extract
- 1/4 cup cocoa powder (or carob)
- 1 Tbsp maple syrup
- 1/2 cup dates
- 1/2 cup raisins

OPTIONAL INGREDIENTS

- 1/2 tsp cinnamon
- pinch cayenne

DIRECTIONS

1. Put everything in a food processor and pulse until it comes together in a sticky mixture.
2. Form into balls, and place on a tray lined with parchment or wax paper, and put in the fridge to chill for about 15 minutes.

NUTRITION FACTS		
Per brownie bite		
Calories 99		
		% Daily Value*
4 g	Total Fat	6%
0 g	Saturated Fat	2%
0 mg	Cholesterol	0%
3 mg	Sodium	0%
17 g	Carbohydrates	6%
4 g	Dietary Fiber	16%
11 g	Sugar	
2 g	Protein	3%
12 IU	Vitamin A	0%
0 mg	Vitamin C	0%
46 mg	Calcium	5%
1 mg	Iron	4%

Hints & Tricks

To make them pretty, decorate the bites by rolling them in shredded coconut, cocoa powder, or cocoa nibs before you put them in to chill.