

Chocolate Cashew Bites

These little balls are packed full of nutrients and healthy fats. They are great way to have something sweet without giving you the energy crash afterwards.



Ingredients

175g dates
150g cashews
2 tbsp honey or maple syrup
2 tbsp cashew butter
2 tbsp ground flax seeds
2 tbsp cacao or cocoa powder
1 tsp cinnamon



Serves : 20

Nutrition per serving:

Calories : 90

Protein: 3g

Carbs: 9g

Fat: 5g

Fibre : 1g

Method

- *In a food processor, blitz the cashews until they have broken down into really small pieces.
- *Add the dates and blitz for a further few minutes until the dates have broken down to form a paste like consistency.
- *Add the rest of the ingredients and blitz for the final time until everything has combined.
- *Using a tablespoon to measure out the mixture, use your hands to roll into small balls, place on a baking tray and pop in the fridge for a couple of hours until they set.
- *Transfer to a tub or glass jar and keep in the fridge until needed.

Recipe Notes

Makes 20 balls. They keep in the fridge for up to a week or they can be frozen (in fact they are delicious eaten straight from the freezer). You can use any type of nut or nut butter.

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