Dark Chocolate and Raspberry Energy Bites

Genuinely tastes like a treat, made from a food processor and the fridge rather than the oven.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**0 min**	**15 min**	**12**	**EASY**

Ingredients

- 150 g pitted dates
- 80 g rolled oats
- 2 tbsp almond butter
- 40 g dark chocolate (roughly chopped)
- 10 g freeze-dried raspberries (crushed)

Method

1. Soak the dates in warm water for 10 minutes if they're firm, then drain well.
2. Blitz the dates, oats and almond butter in a food processor until it forms a sticky dough.
3. Stir through the chopped chocolate and crushed raspberries by hand.
4. Roll into 12 small balls and chill in the fridge for at least 30 minutes to firm up.

Tips & swaps

- Swap almond butter for peanut butter if that's what you have.
- Roll in desiccated coconut for a different finish.

Storage & reheating

Keeps in an airtight container in the fridge for up to a week, or freeze for up to 2 months.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
95	**2g**	**14g**	**4g**	**2g**

Estimated values, for guidance only. Contains: Tree nuts (almond), Oats (gluten).