
German Chocolate Energy Bites

Cook Time: 10 min

prep Time: 15 min

total Time: 20 min

servings: 22

Ingredients:

- 1/2 cup (65g) raw pecans
- 3/4 cup (70g) desiccated coconut, divided
- 1 cup (170g) soft pitted dates
- 3 tablespoons coconut cream
- 1/2 tsp vanilla extract
- 1/4 tsp salt
- 1/2 cup (55g) rolled oats
- 1 1/2 tablespoons cacao powder

Instructions:

1. Pre-heat the oven to 350F or 160C. Place the pecans in a small baking sheet and roast the nuts for about 8-10 mins. In another small baking tray, place the coconut and toast for about 4-5 mins just until they start to turn golden making sure to stir halfway through. Set aside to cool down.
2. In a food processor combine dates with the coconut cream, vanilla, and salt. Process until combined and almost smooth.
3. Remove the dates from the food processor, no need to clean it. Then place the pecans with the oats and 1/2 a cup of coconut (reserve the remaining 1/4 cup for rolling later) and process until the pecans and oats are chopped into smaller pieces. Add back the date mixture with the cacao powder and pulse until the mixture is well mixed and starts to come together.
4. Pinch off a level tablespoon amount of the mixture and roll into balls, making about 22. Roll into the remaining toasted coconut.
5. Store in the fridge. Enjoy with a cup of coffee or tea ☺ YUM!