

# Recipe

## CACAO BITES

**MAKES 8-10**

### **THE GOODS:**

- 1 cup packed pitted dates
- 1 cup cashews
- 1/4 cup protein powder
- 4 tablespoons cocoa powder, divided
- 1/2 teaspoon vanilla extract
- pinch of sea salt
- 1 tablespoon coconut oil, melted
- Optional: flakey salt for sprinkling

### **THE METHOD:**

Place dates and cashews into a food processor and blend until it becomes a homogenous ball of dough. Stop the food processor and add protein powder of choice, 2 tablespoons of the divided cocoa powder, vanilla extract, and sea salt. Pulse this until combined, then place dough in the refrigerator for a minimum of 30 minutes to firm up.

Grab 1 1/2 tablespoons of chilled dough to roll into balls using your hands. Once smooth balls have formed place back in the refrigerator on a wax paper-lined plate for 1 hour. After an hour, mix together melted coconut oil and 2 tablespoons of cocoa powder. Use a spoon to pour this glaze over the chilled balls. Optionally sprinkle flakey salt on top of chocolate glaze. Place back in the refrigerator to harden.

*Boulder Nutrition*