

## MELISSA'S DOUBLE CHOCOLATE ENERGY BITES

These both non-dairy chocolate chips and raw cacao powder. Feel free to mix it up and create your own. I keep them in the freezer, so it's like eating a frozen Snickers bar! These amounts are very approximate since I don't measure, but it's hard to go wrong!

### Ingredients

- 8-10 large Medjool dates
- Approximately ¼ cup non-dairy chocolate chips
- Approximately 1/3 cup nut butter of your choice (such as peanut, almond or cashew)
- 1/3 cup nuts (pecans, walnuts, peanuts, cashews, pistachios)
- 1 Tbs raw cacao powder
- Optional: ¼ cup dried tart cherries or raisins, chopped (these are not typically oil-free)

### Optional add-ins:

- Shredded coconut, Goji berries, raisins, dried apricots
- Seeds like sesame, chia, hemp, sunflower
- Rolled oats (in place of the cacao to avoid chocolate)
- Cinnamon, vanilla or Maca powder

### Directions

Pit and roughly chop up the dates and add to food processor. If using dried cherries and they are large, I sometimes cut them in half. Add all other ingredients and process until well mixed. Using clean hands, spoon 1-2 Tbs of the "dough" into your hands and form into balls. You can also mix dough by hand in a bowl if you don't have a food processor; The Vitamix doesn't work well for these.

### Notes:

- Try Enjoy Life or Trader Joe's 72% cacao chips, or sometimes I find 85% dark chips—the dates are sweet enough for the very dark chocolate. I recommend not using anything less than 72%. You can also use cocoa nibs instead, or just a bit more cacao powder.
- Be careful not to go overboard on the cacao powder or they may taste chalky. If this happens, just add more of the other ingredients and pulse again.
- Find the Medjool dates in the produce section; they are far superior for this than Deglet dates, and last in your pantry a long time. They are soft when you get them, but if they get stiff, soak them in hot water a few minutes. Be sure to remove the pits!

- **STUFFED DATES.** No time to get out the food processor? Simply split the top of the date lengthwise, remove the pit and stuff the date with nut butter and a 3 or 4 non-dairy chocolate chips or half a pecan. In the Mideast, the stuff with raw honey and a generous dose of cinnamon.

ENJOY! For questions, email: [sherlocktruhealth@outlook.com](mailto:sherlocktruhealth@outlook.com)

