

No-Bake Brownie Bites

1	1/2	cup	os r	itt	ed	da	tes

½ cup raisins

1 cup rolled oats

2 tablespoons pumpkin seeds

¼ cup cocoa powder

2 tablespoons vegan protein powder (optional)

1/8 teaspoon sea salt

1 teaspoon pure vanilla extract

3 tablespoons nondairy chocolate chips (optional)

Directions:

In a food processor, combine the dates, raisins, oats, and pumpkin seeds. Process until mixture is crumbly. Add the cocoa, protein powder (if using), salt, and vanilla. Process again and let the processor run until the mixture begins to get sticky and form clumps. Add the chocolate chips (if using) and pulse until a ball forms on the blade. Remove the bowl and roll small scoops (slightly less than 1 tablespoon each) of the mixture into balls. Continue until all of the mixture is used. Transfer to an airtight container in the refrigerator, where they will keep for a couple of weeks, or to the freezer, where they will keep for a couple of months.

Brendaworkmanspeaks.com

Follow me on Facebook and Instagram @brendaworkmanspeaks