

## Chewy Date Bites

---

*Makes 5 Servings*

Known as “nature’s candy,” dates provide fiber, potassium, antioxidants and a boatload of other nutrients important for good health. Whirrr them together with cocoa and walnuts, a nut rich in alpha-linolenic acid (omega-3 fat), and you’ve got a bite-size dessert you can feel good about feeding your family.

### Ingredients

- 1 cup pitted dates, roughly chopped
- 1/2 cup roughly chopped walnuts, toasted
- 2 tablespoons unsweetened cocoa powder
- 1/2 teaspoon vanilla extract
- 1 to 2 teaspoons water, optional
- Shredded coconut (unsweetened), optional

### Instructions

Place the dates, walnuts, cocoa powder, and vanilla in the bowl of a food processor and process until well combined. You’ll probably want to scrape down the sides of the bowl a few times to get everything nice and blended. Add water as needed, 1 teaspoon at a time, until “batter” is well combined and easy to roll.

Use a tablespoon to form 10 “bites.” Serve as is, or immediately roll in shredded coconut until coated on all sides, as desired.

**Lorraine’s notes:** These freeze well. I covered them in waxed paper and froze them in glass freezer storage container.

*Recipe source:* [www.mealmakeovermoms.com](http://www.mealmakeovermoms.com)