



NO BAKE CHO



Prep time: 10 mins

Total time: 10 mins

Serves: 14

Ingredients:

- 1 ¼ cup coconut flakes, shredded, unsweetened
- 4 tablespoons cocoa powder, unsweetened
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- ½ cup chocolate chips
- 1 banana, mashed
- ½ teaspoon chocolate liquid stevia
- 9 dates, pitted, chopped

Instructions:

1. Blend one cup of the coconut flakes with the banana and cocoa in a food processor.
2. A small amount at a time add the chopped dates to the food processor.
3. Once thoroughly combined until smooth mix in the stevia, vanilla extract and salt.
4. Place mixture into a bowl and stir in the chocolate chips.
5. Place the ¼ cup of coconut flakes onto a plate.
6. Make 14 small chocolate balls from the mixture then roll them into the coconut flakes. Refrigeration is not necessary, but if you are not eating them right away I would keep them in the fridge to stay firm until you are ready to eat.

Serving size: 1 Calories: 134 Fat: 7g Carbohydrates: 21g Fiber: 3g Protein: 2g