Chocolate raspberry omega bites

Recipe Card

Preparation time 15 minutes

Ingredients:

cup almond / peanut butter
300g walnuts (or use mix of your favourite nuts)
50g raw cacao (or use cocoa powder)
Pinch sea salt
10 soft pitted dates
3 tbsp. maple syrup
1 tsp vanilla extract (or replace with cinammon, orange zest...)
1 pack fresh raspberries

Directions:

- Place nut butter, nuts, cacao powder and sea salt in a food processor and blend until smooth
- Add the dates, maple syrup and vanilla and process until well blended
- Fill a small bowl with water to dip your hands in and keeping hands moist, roll out mixture into small balls. Indent thumbprint on top of each ball and place a fresh raspberry in the centre
- If possible chill for 20 minutes before serving

These freeze well. Just remove from freezer 15 minutes before serving and add raspberries then.

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