

Almond joy bliss balls

If you're like me, when 9 pm rolls around the chocolate cravings hit hard. With no added sugar and lots of protein, micronutrients, and healthy fats, these lil babies are sure to satisfy the craving and make your body feel good.

Makes about 20 bliss balls

Ingredients

- 1 cup whole pitted dates, soaked in hot water for 5-10 minutes
- 1 cup rolled oats
- ½ cup raw almonds
- 2 tbsp. vegan chocolate protein powder (or cocoa powder if you don't have any)
- 1 tsp. vanilla
- ½ cup unsweetened shredded coconut, toasted

Directions

- 1) In a food processor, pulse the oats and almonds until you attain a coarse flour-y consistency (this should only take a few seconds).
- 2) Drain the dates and add them to the food processor along with the chocolate protein powder and vanilla. Pulse until you reach a smooth-ish doughy consistency. It should have a texture similar to cookie dough.
- 3) Now, form the bliss balls. They should be between one and two tablespoons in size and fit nicely in the palm of your hand.
- 4) Roll the bliss balls in toasted coconut, lightly pat off excess, and place on a plate. Freeze for about 20 minutes to firm them up a bit, or just refrigerate and enjoy right away 😊

