

Choco Fever Dream

Date Nuts Energy Balls – Easy Healthy Snack

10 min Prep time	**10 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup pitted Medjool dates
- [ ] 1 cup mixed nuts (almonds, walnuts, cashews)
- [ ] 2 tbsp chia seeds (optional)
- [ ] 1 tsp vanilla extract
- [ ] ¼ tsp sea salt
- [ ] 1 tsp coconut oil

Optional Add-ins

- [ ] 2 tbsp shredded coconut for rolling
- [ ] 1 tbsp cocoa powder for a chocolate twist (pair with bliss balls)
- [ ] Pinch of cinnamon for warmth

Instructions

1. Place the pitted dates into a food processor and pulse until they form a sticky paste.
2. Add the mixed nuts and process until the mixture is finely chopped but still has some texture.
3. Stir in chia seeds, vanilla extract, sea salt, and coconut oil; pulse a few more times to combine.
4. Scoop out a tablespoon of the mixture and roll between your palms into a ball; repeat for the rest of the mixture.
5. If desired, roll each ball in shredded coconut or cocoa powder; then place on a parchment-lined tray.
6. Chill the balls in the refrigerator for at least 15 minutes before serving.

Nutrition per serving

110 kcal	3 g	10 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dates are very dry, soak them in warm water for 5 minutes before processing.
- Feel free to add a dash of espresso powder for a subtle coffee note.
- Store in the freezer for a quick, icy bite on hot days.