

Raw Chocolate Chia Walnut Energy Bars/ Balls (Adapted from Happy Healthy Long Life)

1 ½ cups medjool dates (about 25) pits removed

1/3 cup raw cacao powder or unsweetened cocoa powder

1/3 C whole chia seeds

1 tsp vanilla extract

1 cup walnut pieces

1 tsp cinnamon

Optional: ¼ cup organic coconut

¼ cup hemp seed

¼ cup gogi berries

¼ Cup dried Mulberries

Extra coconut for rolling

Place all ingredients except vanilla in food processor. Pulse until combined. Pour in vanilla through top spout and continue blending until ingredients form a ball. Mixture will be somewhat sticky, but formed. If the mix will not form a ball, add up to 1 T of water.

Bars: Line 8x8 square pan with wax paper dusted with flour. Press into pan and level. Place in freezer and freeze until firm. Remove block of bars with wax paper. Cut into 2x2 bars. Makes 16 bars.

Balls: After mix is formed, place in bowl. Use small melon baller or Table spoon and measure out individual balls; roll in hands to form and then roll in coconut. Place on cookie sheet covered with wax paper and place in freezer to firm. Makes 3 dozen balls.

The bars and balls can be placed in a wax paper bag and tucked into your bike jersey or bag. Quick energy for a long ride or run. Enjoy!