

# CHOCOLATE BROWNIE BLISS BITES

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PREP & COOK TIME: 15 MIN | SERVINGS: 10-12 BLISS BITES

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## *ingredients*

1.25 cups walnuts, divided  
.25 cup unsweetened cocoa  
1 cup pitted dates  
pinch salt

## *directions*

- In food processor, grind walnuts into a coarse meal. Reserve .25 cup for topping.
- To the walnuts, add cocoa, salt & dates.
- Process until mixture begins to form a dough-like ball. You may need to add a little water, one TB at a time, up to 3 TB.
- Roll a bit of mixture between hands to form a golf-size ball.
- Coat ball in reserved walnuts to cover.
- Refrigerate for 20-30 minutes before serving.

\*Note\* - Bliss Bites may be stored in an air-tight container up to 7 days in the refrigerator or up to 3 months in the freezer.

[Click here to watch the YouTube cooking demo](#)

