



**feel
good.**

**Dark Chocolate Energy Bites
with California Walnuts**



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Craving a sweet, better-for-you snack? These no-bake dark chocolate energy bites store in the refrigerator or freezer for grab-and-go convenience. Plus, they're packed full of nutrient-dense ingredients, including California walnuts, so they're both delicious and nutritious!

TOTAL TIME: 20 MINS | SERVES: 8 | SERVING SIZE: 2 | COURSE: SNACK

Ingredients

1 ½ cups old-fashioned oats	3 tablespoons walnut butter
3 tablespoons cacao powder	3 tablespoons pure maple syrup
½ teaspoon cinnamon	3 tablespoons California walnuts, toasted, chopped
Pinch salt	6 tablespoons mini bittersweet cacao chips, divided
1 cup Medjool dates, pitted, coarsely chopped	(use 3 Tbsp melted for decorating, optional)

Directions

1. Process oats in the bowl of a food processor until finely ground and transfer to a medium mixing bowl. Add cacao powder, cinnamon and salt. Stir to combine.
2. To the same food processor bowl, add dates, walnut butter and maple syrup. Pulse until it forms a thick paste, scraping down sides as needed.
3. Add paste to the oat mixture and mash together with a spatula until it resembles a crumbly dough, then continue working the dough with clean hands until it forms a cohesive dough.
4. Add walnuts and cacao chips to dough and knead until incorporated.
5. Using a small ice cream/cookie scoop, divide dough into 16 portions and roll each piece into a ball with your hands.
6. Decorate with a drizzle of melted cacao chips, optional.
7. Refrigerate in an airtight container for up to 2 weeks or freeze up to 30 days.

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Nutrition

Calories: 225
Total Fat: 10.1g
Saturated Fat: 2.6g
Polyunsaturated Fat: 3.2g
Monounsaturated Fat: 0.9g
Cholesterol: 0mg
Sodium: 18.3mg
Carbohydrates: 30.8g
Dietary Fiber: 3.5g
Total Sugars: 0.5g
Added Sugars: 0g
Protein: 5g
Vitamin D: 0mcg
Calcium: 11.7mg
Iron: 2.1mg
Potassium: 128.4mg