

4-Ingredient Almond Butter Bites

It takes just 4-ingredients to make these delicious Almond Butter Bites. They're great to enjoy for a snack, dessert, or pre-workout fuel. Now that's what we call keeping it simple!

🕒 Prep: 20 mins Total: 20 mins

👤 Servings: 12 servings

1x	2x	3x
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INGREDIENTS

- 1 ½ cups raw whole almonds
- 1/2 cup almond butter (if unsalted add a pinch of salt)
- 1/3 cup pitted dates
- 1/3 cup dairy-free mini-chocolate chips (such as Enjoy Life)

INSTRUCTIONS

1. Place raw almonds, almond butter, and pitted dates into a food processor (may use high-power blender).
2. Process for 4-6 minutes or until ingredients start coming together. Scrape the sides as needed throughout the process (you may need to do this every few seconds towards the end). Test dough with hands by pressing the dough together firmly making sure it will form a ball. If the dough does not come together after 6-7 minutes of processing, add a little extra almond butter or 1-2 tablespoons of water.
3. Transfer dough to medium bowl.
4. Fold in mini-chocolate chips.
5. With oiled hands, firmly and with pressure, form the dough into round bites.
6. This recipe will make 24-26 bites.
7. Store in a sealed container in the refrigerator for up to 2 weeks or freeze for up to 3 month.

NOTES

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NUTRITION INFORMATION

Serving Size: 2 bites Calories: 185 Fat: 13 g Sodium: 20 mg Carbohydrate: 15 g
(Fiber: 4 g Sugar: 9 g) Protein: 4 g

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free Paleo Vegan Vegetarian

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