

CHOCOLATE PROTEIN BITE RECIPE

Healthy, sweet, and super easy to prepare with some basic pantry ingredients.

ARE PROTEIN BALLS HEALTHY?

These energy bites are filled with wholesome ingredients that are full of protein, fiber, and other nutrients. We recommend these for a nice well-rounded snack.

WHY YOU SHOULD MAKE THIS RECIPE

It is loaded with healthy and whole ingredients that are full of nutrients. It's gluten-free, grain-free, vegan, paleo-friendly, plus it freezes well.

You can make a big batch ahead of time and store it in the fridge or freezer for when you're craving something sweet so it works perfectly for meal prep!

INGREDIENTS FOR CHOCOLATE COCONUT PROTEIN BALLS

Many protein ball recipes use a combination of old-fashioned rolled oats, natural peanut butter, honey and maple syrup. Since we are trying to keep these protein balls vegan and grain-free, we are going to be using:

- **Unsweetened shredded coconut** – for that nutty flavor and additional subtle sweetness. Its High in manganese, which is essential for metabolism of cholesterol and protein.
- **Cocoa powder** – unsweetened or can substitute with your favorite cacao powder
- **Dates** – pitted; for that healthy sweetness and are high in fiber.
- **Almonds** – blended in a food processor for that nutty texture and boost of plant protein, as well as vitamin E, and provide long lasting energy.

OPTIONAL: Vanilla protein powder or chocolate protein powder – we like Vega but feel free to use your favorite brand

HOW TO MAKE CHOCOLATE PROTEIN BALLS

1. **FOOD PROCESSOR:** In the bowl of a food processor, add almonds and pulse until they are finely chopped (be careful not to pulse too long or they will start to turn into a paste).
2. **MIX INGREDIENTS:** Add dates, coconut, cocoa powder and vanilla extract. Continue to pulse the mixture for about 2-3 minutes (scraping down the sides of the bowl as needed) or until the mixture easily holds together and sticks to the bowl.
3. **SCOOP MIXTURE:** Using a measuring spoon or a small cookie scoop, measure out 1 tablespoon of the mixture. Roll into a ball.
4. **COAT WITH COCONUT:** Roll the ball into the bowl of shredded coconut topping. Repeat with rest of mixture.
5. **STORE & SERVE:** Store the energy bites in an airtight container in the refrigerator for up to 2 weeks.

VARIATIONS AND TIPS FOR MAKING THE BEST HEALTHY PROTEIN BALLS

- **Wet hands** slightly before rolling into balls to avoid sticking
- **Add a touch of liquid sweetener** such as honey or maple syrup if you prefer a sweeter treat
- **Add cinnamon, pistachios, dried fruit, hemp or chia seeds, or flax meal** for additional benefits
- Feel free to add a **spoonful of natural peanut butter**, nut butter or seed butter of your choice to bump up the protein and healthy fats
- Toss in a handful of **dairy-free chocolate chips**

STORAGE AND FREEZING

The great thing about making your own homemade protein snacks is that you can make a batch ahead of time and store them for later. To store these healthy protein bites, simply transfer them into an airtight storage container and place in the refrigerator. These will last in the fridge for up to two weeks!

Want to Freeze? Make a double batch and place them on a baking sheet in a single layer and place them in the freezer for about 30 minutes to set. After they are set, put them in freezer-friendly storage bags or containers.

Chocolate Protein Bites

Prep Time

15 mins

Total Time

15 mins

Energy Bites that taste like Almond Joy candy bars made with healthier ingredients to beat that chocolate craving! They are gluten-free, raw, vegan and refined sugar-free.

Calories: 154 kcal

Ingredients

- 2 cups dates , pitted (I used pitted Medjool dates)
- 1/2 cup almonds
- 1 cup shredded unsweetened coconut
- 2 Tablespoons cacao powder OR sub with unsweetened cocoa powder

Toppings:

- 1/4 cup toasted unsweetened shredded coconut (feel free to use all one variety - I use a mixture for more depth of flavor)
- 1/4 cup unsweetened shredded coconut

Instructions

1. In the bowl of a food processor, add almonds and pulse until they are finely chopped (be careful not to pulse too long or they will start to turn into a paste).
2. Add dates, coconut, and cocoa powder. Continue to pulse the mixture for about 2-3 minutes (scraping down the sides of the bowl as needed) or until the mixture easily holds together and sticks to the bowl.
3. Using a measuring spoon, scoop out 1 tablespoon of mixture. Roll into a ball.
4. Place an almond in the middle.
5. Roll the ball into the bowl of shredded coconut topping. Repeat with rest of mixture.
6. Store the energy bites in an airtight container in the refrigerator for up to 2 weeks.

Recipe Notes

*I used pitted Medjool dates but you may substitute with any other pitted date but you will need to soak them for 20 minutes in water to soften first. Drain the water prior to using the soaked dates.

*I use a mixture of toasted and untoasted shredded coconut for more depth of flavor and a pretty contrast of color. Feel free to use just one variety.

Nutrition Facts

Chocolate Protein Balls

Amount Per serving (1 energy bite)**Calories** 154Calories from Fat 81**% Daily Value*****Fat** 9g**14%**Saturated Fat 5g**25%****Sodium** 4mg**0%****Potassium** 241mg**7%****Carbohydrates** 19g**6%**Fiber 3g**12%**Sugar 14g**16%****Protein** 2g**4%****Vitamin A** 30IU**1%****Vitamin C** 0.1mg**0%****Calcium** 29mg**3%****Iron** 0.8mg**4%**

* Nutrition facts are provided as a courtesy using a recipe calculator in Optimum Control. It is best to make your own calculations to ensure accuracy. We expressly disclaim any and all liability of any kind with respect to any act or omission wholly or in part in reliance on anything contained in this recipe. Percent Daily Values are based on a 2000 calorie diet.