# “I can’t believe they’re healthy!”

# Chewy Chocolate Balls

*These incredibly tasting chocolate wonders are my ‘go to’ pre-workout snack. They are easy to digest and give me the energy I need to exercise. Alternatively, use them when you want that guilt-free chocolate treat. Great for children too!*

## *Makes 14 1.5-inch balls*

## INGREDIENTS

* ½ cup of nut or seed butter (try pumpkin, almond, macadamia nut, cashew, or hemp seed)
* ½ cup of any nuts or seeds (nuts are ideally previously soaked and dried)
* ¾ cup of coconut oil.
* 2 Tbsp arrowroot starch
* 3 Tbsp cacao powder, raw
* 2 scoops PureLean protein powder sweetened w/ Stevia (Pure Encapsulations).
* Touch of Celtic or Himalayan salt
* 1 tsp organic coffee grounds or Swiss water decaf coffee (optional, not recommended if serving to children)
* Handful of raw cacao nibs (optional)

**DIRECTIONS**

* Mix all ingredients in food processor except the raw cacao nibs if using. Next, add in the raw cacao nibs and mix for about 5 sec. They should be a ‘doughy’ consistency. Form into either balls or place flat into glass pan and cut into bars.
* Refrigerate the remaining chewy chocolate balls (they keep for about 1 week). Freeze extra for a quick snack!

**Tasty Variations:**

Cover balls in coconut flakes or flavoured protein powder for a decorative look (make a tray when entertaining guests). Stir in raisins if desired. Add cinnamon for a different flavor.

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