Super Seed Chocolate Protein Bites
Serves 16

Ingredients
1 cup packed, pitted Medjool dates (12-13 large)
1/4 cup hulled hemp seed
1/4 cup chia seed
1/4 cup sesame seed
1/4 cup cocoa powder
1/2 tsp. pure vanilla extract
1/4 tsp. cinnamon
1/4 cup raw cacao nubs
(or mini dark chocolate chips)
Fine grain sea salt to taste

Directions
1. Add dates into food processor and process until a chunky paste forms. Add in the hemp, chia, sesame, cocoa, vanilla, cinnamon, and salt. Process until thoroughly combined. Pulse in cacao nubs.
2. Dough should be sticky when pressed between fingers. If not sticky, add 1 tsp water at a time and process until dough comes together.
3. Shape dough into small balls and freeze for 20 min. or until firm. Store leftovers in the freezer.

Nutrition Information (per serving)
Calories: 96
Total Fat: 4.8g, Saturated Fat: 1g,
Carbohydrate: 11.3g, Fiber: 4.6g,
Total Sugar: 7g, Protein: 3.1g