



RAW CHOCOLATE ENERGY BALLS



A raw chocolate dessert is good for your health and your soul :)
It works like a charm with the kids too!

Ingredients:

- 1 cup almonds
- 2 tbsp. coconut butter
- 1 tbsp. coconut oil
- 1/2 cup raw chocolate powder
- 1 tbsp. ground coconut
- 6 de-pitted dates
- A teaspoon of maple syrup

- . Mix all ingredients in a blender or by hand.
- . Add a few drops of water to moisten the mix if you need to.
- . If you choose by hand, you may want to soften the coconut butter and oil in a bain-marie.
- . Form into balls.
- . Freeze for 45 minutes.
- . Try not to finish them all!

Do you want to add in more healthy habits to your day-to-day?

Are you on the right track yet have some health related questions you need answered?

Are you on the right track but don't want to go at it alone?

Are you ready to make changes, and don't know where to start?

Let's chat about how health coaching can help you!

Schedule your free discovery chat with me <http://healthytude.org/free-consultation/>

Courtesy of HEALTHYTUDE! A healthy attitude IS contagious;)

HealthyTude