



Choco-Date Bites

Ingredients

- 👑 ½ cup (125 ml or 90 g) pitted dates
- 🏠 ¼ cup (60 ml) water
- 👑 ⅔ cup (160 ml or 100 g) dark chocolate (Fair-trade, if possible), coarsely chopped
- 👑 zest of 1 orange
- 👑 juice of 1 orange (about ¼ cup)
- 👑 ½ cup (125 ml or 44 g) unsweetened shredded coconut
- 👑 ½ cup (125 ml or 45 g) quick cooking rolled oats

COATING

- 👑 ¼ cup (60 ml or 22 g) unsweetened shredded coconut

YOU WILL NEED

- ★ bowl (medium)
- ★ chef's knives
- ★ cutting boards
- ★ fork
- ★ microplane or grater
- ★ saucepan (small)
- ★ set of measuring cups
- ★ wooden spoon

Preparation

- 1 Place dates and water in a small saucepan and bring to a boil over high heat.
- 2 Reduce heat to medium-low and simmer until water has evaporated. Remove from heat.
- 3 Mash dates with a fork to purée.
- 4 Add chocolate and stir until melted (there may be a few small pieces of chocolate left).
- 5 Add orange zest and juice, coconut and oat flakes and mix well.
- 6 Form 12 to 15 small balls with hands.

COATING

- 7 **Optional:** Grill coconut in a skillet over medium heat for a few minutes or until golden brown.
- 8 Place coconut in a medium bowl.
- 9 Roll date balls in coconut, pressing lightly to coat well.



CHEF'S TIP: Don't feel like shaping these bites into balls? Just flatten the mixture on a baking sheet, sprinkle with coconut and cut into squares!

DIETITIAN'S TIP: This recipe is comparable to many energy ball recipes you can find on the web. In fact, all that is missing is a protein food to sustain you longer! In most cases, seeds, nuts or peanut, almond, nut or seed butter is added!