

VEGAN
100 % RAW
DELICIOUS PROTEIN BITES
WITH
HEMP FLOUR

Ingredients:

- 120 g dates
- 50 g walnuts
- 30 g pistachios
- 3 tbsp coconut flakes
- 2 tbsp raw cocoa nibs (can be substituted with 100% cocoa powder)
- 2 tbsp hemp flour
- 1 tbsp melted coconut oil
- optional: agave syrup

1. Blend dates into a date-paste
2. Add nuts, coconut flakes and cocoa nibs / cocoa powder. Blend.
3. Add hemp flour and melted coconut oil and blend with hand blender gently.
4. Form pralines or any other figures and enjoy.



@Chirkolateur_Food

I hope you enjoyed my recipes. Give me a feedback if you liked it and connect with my on my blog! I would love to meet you!

Stay healthy, honey!

Loveeeeeee,

Olga