

Hazelnut Cocoa Bites

8 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Hazelnuts
2 tbsps Cocoa Powder
2 tbsps Maple Syrup
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	122	Carbs	7g
Fat	10g	Protein	3g

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. Add the hazelnuts and place in the oven for 8 to 10 minutes, until toasted. Remove and rub with a clean kitchen towel to remove the skins. Place in a blender or food processor to chop well. Reserve a small handful of the chopped nuts for rolling the balls in and set aside on a plate.
- 02 Add the cocoa powder, maple syrup and salt to the hazelnuts and process until the dough comes together.
- 03 Remove the dough and using slightly damp hands, roll into golf ball-sized balls. Roll each ball into the reserved chopped hazelnuts. Place in a sealed container in the fridge to harden slightly, about 20 minutes. Enjoy!