

Banana Nut Fudge Bites

You will experience pure satisfaction with these delectable and fun to eat treats. The best part is they are made with raw nutritious ingredients!

Ingredients

2 cups Raw Whole Unsalted Almonds
1 cup Raw Cacao Powder
1 large Ripe Banana, mashed (about ½ cup)
2 teaspoons Pure Maple Syrup
¼ teaspoon Sea Salt
¼ teaspoon Raw Vanilla Powder (Raw Vanilla Bean may be substituted to taste)
2 cups Good Quality Dates, pitted (Medjool Recommended)
1 ¼ cup finely chopped Raw Unsalted Walnuts

Preparation

Place chopped walnuts in a medium bowl and set aside.

Pulse almonds in a food processor until finely ground. Add cacao, mashed banana, pure maple syrup, sea salt, vanilla and pulse. Gradually add the dates in small amounts while machine is running and mix until well combined. The consistency should be sticky, if needed add more dates.

Form mixture into 1-inch round balls using the palms of your hands, one by one place into the bowl of walnuts and have a second person gently coat with walnuts on all sides then place in a large sealable container lined with parchment paper. Continue this process with remaining mixture. Layer with additional parchment paper as needed. When complete seal container and freeze until cold. Store in the freezer and serve as needed.

Makes 36-38