

No-Bake Chocolate Cherry Almond Bites

Prep Time 15 mins
 Total Time 30 mins
 Meal Type Snack
 Contributed By



Source [Living Plate](#)

Servings 12



Ingredients

lb,c g,ml

- 1/2 cup pitted dates
- 1 cup boiling water
- 3/4 cup almond butter
- 1/4 tsp salt
- 1/4 cup maple syrup
- 2 cup oats, *quick oats*
- 1/4 cup dried tart cherries
- 1/4 cup dark chocolate chips
- 1/4 cup shredded coconut, unsweetened

Directions

Prep

1. Place dates in bowl and cover with boiling water. Let stand until softened, about 30 minutes. Drain, reserving sweet soaking liquid for other use.

Make

1. Place dates, almond butter, salt, and agave in food processor and blend until creamy.
2. Pulse in oats and cherries then chips.
3. Line an 8x8 pan with parchment paper. Press mixture into pan and refrigerate for one hour until firm.
4. Using a small ice cream scoop [or two spoons], scoop out some batter, roll it into a ball, and roll in coconut. Refrigerate until serving.

Notes

2 bites = 1 serving

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 14.6g		22%	Total Carbohydrates 27g
Saturated Fat 4.7g		23%	Dietary Fiber 5g	19%
Trans Fat 0.0g			Total Sugars 13g	
Cholesterol 0mg		0%	Protein 6g	
Sodium 55mg		2%		
Vitamin D 0mcg 0% · Calcium 80mg 7% · Iron 2mg 10% · Potassium 310mg 6%				

Calories per serving 251

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -