



Choco-Love Bites

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic
By: Cuisine l'Angélique

PORTIONS: **15 to 18**
PREPARATION: **15 MINUTES**

INGREDIENTS

- 30 g (1/4 cup) pecans
- 35 g (1/4 cup) dried cranberries
- 45 g (1/2 cup) cocoa
- 60 g (1/4 cup) honey
- 95 g (1/3 cup) peanut butter*
- 30 ml (2 tbsp) cold water

Coating:

- About 30 g (1/4 cup) pecans for garnish, chopped in food processor

PREPARATION

1. In a food processor, finely grind the pecans and dried cranberries.
2. Mix all the ingredients together.
3. Shape into small balls, then roll them into the pecans reserved for the coating.
4. Refrigerate and... Enjoy!

Keeps for 5 to 7 days in the refrigerator.



Children love these delicious chocolate bites and also love to help in making them!

VARIATION

* Replace dried pecans and cranberries with :

- 35 g (1/4 cup) sunflower seeds
- 35 g (1/4 cup) pumpkin seeds

For the coating, roll the small bites in shredded coconut or hemp seeds!

* You can also use half almond butter and half peanut butter. If you only use almond butter, add only 15 ml (1 tablespoon) of cold water.

NUTRITION FACTS

Per portion: 2 boules 150 Calories

Fat: 11 g	17 %
Saturated 1,5 g	
Trans 0 g	8 %
Polyunsaturated: 3 g	
Omega-6: 1,5 g	
Omega-3: 0,1 g	
Monounsaturated: 6 g	
Cholesterol: 0 mg	
Sodium: 2 mg	1 %
Carbohydrate: 15 g	5 %
Fibres: 3 g	12 %
Sugars: 9 g	
Protéines: 4 g	
Vitamin A	2 %
Vitamin C	2 %
Calcium	2 %
Iron	8 %
Copper	15 %

Magnesium	20 %
Manganese	35 %