



# DARK CHOCOLATE CHERRY PROTEIN BITES

**SERVES: 12**

**TOTAL TIME: 35 MINUTES**

**V GF**

## INGREDIENTS

- 175g **pitted dates**
- 2 tbsp **nut butter** of choice
- 225g **dried sour cherries**
- 1 scoop **chocolate protein powder**
- 50g **rolled oats** (gluten free if required)
- 45g **dark chocolate chips**

### MACROS PER PORTION

CALORIES	176	PROTEIN	4
CARBS	31	FATS	4
FIBRE	108		

## INSTRUCTIONS

Soak the dates in a cup of warm water for about 20 minutes before you begin.

Once the dates have been soaked, drain the water.

In a food processor, blend the dates and nut butter to create a paste. The dates might stick to the sides of the food processor, so just stop halfway through, scrape down the sides, and continue processing it.

Add in the sour cherries, protein powder, and oats until blended thoroughly.

In a bowl, mix together the dough and the chocolate chips.

Roll the mixture into small balls.

For best results, store in the refrigerator or freezer.