

## Chocolate raspberry omega bites

Preparation time 15 minutes

### Ingredients:

- 1 cup almond / peanut butter
- 300g walnuts (or use mix of your favourite nuts)
- 50g raw cacao (or use cocoa powder)
- Pinch sea salt
- 10 soft pitted dates
- 3 tbsp. maple syrup
- 1 tsp vanilla extract (or replace with cinammon, orange zest...)
- 1 pack fresh raspberries

### Directions:

- Place nut butter, nuts, cacao powder and sea salt in a food processor and blend until smooth
- Add the dates, maple syrup and vanilla and process until well blended
- Fill a small bowl with water to dip your hands in and keeping hands moist, roll out mixture into small balls. Indent thumbprint on top of each ball and place a fresh raspberry in the centre
- If possible chill for 20 minutes before serving

These freeze well. Just remove from freezer 15 minutes before serving and add raspberries then.