

# Peppermint Cocoa Bites

12 Servings • 1 Serving = 1 Bite



## INGREDIENTS

- 1 cup Medjool dates, pitted
- 3 Tablespoons water
- 1 cup pecans
- ¾ cup rolled oats
- 2 Tablespoons pure maple syrup
- ¼ teaspoon peppermint extract
- 1/3 cup unsweetened cocoa powder
- ½ cup cocoa nibs, finely chopped

## DIRECTIONS

1. In a small bowl, cover dates with water and microwave for 20 seconds so that the dates soften. Drain.
2. Place pecans, rolled oats, and dates into a food processor or blender. Pulse until finely chopped. Scrape down the sides of the food processor or blender and stir when necessary.
3. Add maple syrup, peppermint extract, and cocoa powder. Pulse until incorporated.
4. Using your hands, form the mixture into 12 even sized balls. Roll them in the cocoa nibs before placing them on parchment paper. Keep refrigerated until serving.

Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>1 bites</b>
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 2g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 18mg	<b>2%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 139mg	<b>2%</b>

\*The % Daily Value 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.

Recipe developed by the San Antonio Botanical Garden

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