

# No Bake Chocolate Energy Bites

Perfect when you get that chocolate craving, just pop a few of these and you're craving will most definitely be satisfied.

## Ingredients

120 g almond powder  
2 tbsp chia seeds, 45g mix of milled flax , sunflower and pumpkin seeds  
1 tbsp cocoa powder  
1.2 tsp vanilla extract  
2 tbsp golden syrup  
220 g soft pitted dates  
100 g Moser Roth Fairtrade Chocolate 70% Dark  
50 g Moser Roth Fairtrade Milk Chocolate (chopped)

## Method

- Add all the ingredients (except the chocolate) into a food processor and process until it forms a thick, sticky dough.
- If the mix is not sticking together, add 1 tbsp of warm water and process again.

- Add chopped Milk chocolate and pulse 4–5 times, until evenly mixed with other ingredients.
- Line a 7x7" square baking pan with parchment paper so it sticks out the sides of the pan.
- Transfer the mix to the lined baking pan and press down firmly and evenly with your hands (pressing is important for making the bars stick together).
- Chop the dark chocolate into small pieces. Melt it in a microwave safe bowl in a microwave in 15 secs increments, stirring often.
- Pour the melted chocolate on bars and spread it evenly using a spatula. Before slicing into squares, let them sit at room temperature for 10 mins to prevent the chocolate from cracking.

