



Snowball Bites

Ingredients:

- ½ cup unsweetened shredded coconut
- 1/3 cup rolled oats
- 1 cup sliced almonds, toasted
- 5 squares dark baking chocolate
- 3 Medjool dates, pitted and chopped
- 2 tbsp seeds (pumpkin, sunflower, hemp)
- 1 tbsp coconut oil
- ½ tsp vanilla extract
- 1 tbsp maple syrup
- 1 tbsp peanut butter
- 1 pinch salt
- orange zest, ½ an orange (optional)

Prep Time: 20 minutes

Cooking Time: NA, but 1 hr chilling time

Equipment: food processor

- 2 bowls
- measuring cups and spoons
- mixing utensil such as a spatula or spoon
- cutting board and chef's knife
- zester/grater

Servings: 15 snowballs

Serving Size: 1 snowball



Instructions:

1. Put unsweetened coconut in a food processor if coconut is not finely shredded and process until it becomes a fine, dry powder. Set aside in a bowl for later
2. Place rolled oats and almonds in food processor and process until mixture is a fine powder, 1-2 minutes
3. Add in the chopped dates, seeds, coconut oil, maple syrup, vanilla, salt, peanut butter, and orange zest (if using) and blend until mixture forms a paste and starts forming into a ball
4. Put mixture in an airtight container, or bowl with seran wrap, and refrigerate for 1 hour, preferably overnight

Nutrition Information:

156 kcals per snowball, 11.5g total fat, 3.7g protein, 10.4g carbohydrates, 5.6mg sodium

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5. Melt 6 chocolate cubes and dip formed balls (1 inch) into chocolate mixture
6. Roll each ball into the coconut powder until completely covered
7. Enjoy. Store in an airtight container for up to 3 weeks

Variations:

- Add in other festive foods such as raisins, cranberries, candied orange pieces, dried pineapple. Your imagination is the limit
- If you don't have a food processor, you can hand chop things into smaller pieces
- These little popable treats are a perfect little appetizer for a holiday party or when you need a quick snack when studying for finals or out holiday shopping. The best part, they can be made ahead of time.

- If you don't have a food processor a blender is another option for this recipe. As well cutting the dates very small and blending it by hand

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