

# P&S Vegan Chocolate Brownie Balls – Medjool dates\*



SERVINGS: 14

PREP TIME: 20 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 cup, chopped [120 g] Walnuts
- 12 date, pitted [288 g] Medjool Dates (*this is 1 and 1/3 cup of dates – Medjool dates work well for this recipe because of the moisture content*)
- 8 tbs [256 g] Creamy Almond Butter (Kirkland Signature) (*8 tbs – This is 1/2 cup*)
- 6 tablespoon [32.4 g] Cocoa Powder (*cup cacao, not cocoa, find on my Amazon page or Whole Foods*)
- 0.33 1/4 cup [9.9 g] Pecans (Kirkland Signature)
- 1 dash [0.4 g] Sea Salt
- 2 scoop Shaklee Life Shake – Chocolate

## DIRECTIONS

1. Grind the walnuts and dates in a food processor until finely ground. Add the almond butter and process until well mixed. Add the cacao powder and Life Shake and pulse to mix well.
2. Roll into 14 balls and then roll balls in crushed pecans to coat
3. Store in refrigerator or freezer

## NUTRITION INFO

Calories : 192.02

Fat : 12.17 g

Carbs : 22.09 g

Protein : 7.06 g

Fiber : 3.79 g

Sugar : 14.03 g