

CRAZY Delicious Recipes!

Easy Breakfast!

Nutrient dense, Grain-Free, Low Carb

Nut-Nola™

No Bake!
Cacao Eclipse
Energy Bites

MAKE THE COCAO ECLIPSE ENERGY BITES.

These bites are scrumptious swirls of crunchy, sweet, salty superfoods.

You will need a food processor, medium-sized mixing bowl

INGREDIENTS

- 1 - 1/2 cups Nut-Nola
(reserve some for coating finished Bites)
- 1/3 cup *cashew butter
- 12 *dates, pitted and soaked in water to soften
- 3 tablespoons *coconut oil
- 2 teaspoons *maple syrup
- 1/3 cup *cacao nibs
- 3 tablespoons *maca powder
- 2 tablespoons *cinnamon
- 1 tablespoon *raw cacao powder (reserve some for coating finished bites)
- 1 teaspoon *cardamom
- 1/2 teaspoon sea salt or Himalayan salt
- 1/4 cup chia seeds (for coating the finished bites)



PREPARATION

1. Place the cashew butter, pitted dates, coconut oil, maple syrup into your food processor.
2. Pulse the ingredients until combined to a smooth consistency.
3. Scrape down sides of the food processor bowl.
4. Add the remaining ingredients to the cashew butter mixture in the food processor.
5. Pulse all ingredients until just combined.
6. Turn the Energy Bite dough into a medium-sized bowl.
7. Stir by hand to thoroughly combine all ingredients.
8. Once combined, form into 1-inch balls into bites.
9. Divide finished bites into 3 groups.
10. Roll each group of finished bites: one group coat with the Nut-Nola the other group the chia seeds and the third group the raw cacao powder.

Makes about 4 dozen "crazy delicious" bites.

NUT-NOLA COCAO ECLIPSE ENERGY BITES FUN FACTS

Maca Root (What is it?)

Related to broccoli, kale, cauliflower family of cruciferous vegetables. Adaptogenic properties to regulate stress, mood and improve memory. We place maca root in the superfood class due to its complexity of nutrients: vitamins C, B6; minerals copper, zinc, iron, potassium, manganese. More calcium than milk. Rich in phytonutrients. More than 20 amino acids make up the 10-14% of protein this Peruvian root provides. Studies shown maca root to improve bone density, energy, help balance blood sugar and speed up recovery making it good pre and post workout food due to the nutrient-rich content in maca root.

Cacao v. Cocoa

Cacao is the less processed, unsweetened, raw version of the cacao bean. Cocoa is the common product. It has been processed with heat yet still holds some antioxidant and good nutrient value. Buy unsweetened and without other additives. Cacao is one of the richest sources of antioxidants and magnesium. The flavonoids in cacao can block the oxidation of "bad" LDL cholesterol. Dutch processed cocoa is made with an alkalized solution that takes away some of the bitterness noted in other cocoa and cocoa products. This cocoa can taste richer than others also. Cacao contains over 300 important compounds, including protein, fat, certain B-vitamins and minerals such as calcium, sulfur, magnesium, phosphorus, iron, zinc and copper.