

High-fiber chocolate bites

Ingredients:

- ¼ cup rolled oats
- 1 cup dried prunes
- 3 tbsp. butter
- 1 tbsp. honey (optional)
- 2 tbsp. unsweetened cocoa powder
- 1 scoop your favorite chocolate protein powder (28g scoop)
- ¼ cup mini chocolate chips (optional)

Instructions:

In the bowl of your food processor, blend oats into a flour-like texture.

Add prunes, butter, honey, cocoa powder and protein powder. Process mixture until combined, making sure to stop once or twice to scrape the sides. If the mixture is too crumbly, add a tablespoon or two of water.

Once the mixture has a sand-like consistency and it adheres to itself when pinching, it's ready to roll it out.

Remove the blades from the food processor and fold in mini chocolate chips.

Begin rolling out the dough by hand, about a tablespoon at a time and place bites into a container.

Refrigerate for 30 minutes until set.

Yield: 12 bites