

## HAZELNUT BOMBS



**Prep Time:** 5 minutes

**Cook Time:** 1 hour

**Serves:** Makes 8 balls

### Ingredients:

- 100g chopped hazelnuts
- 6 medjool dates, chopped
- 3 tbsp maple syrup
- 1 tbsp ground chia
- 3 tsp good-quality cocoa powder
- 1 tsp vanilla extract

### Method:

1. Spread the chopped hazelnuts on a plate and set aside.
2. Place the dates, maple syrup, ground chia, cocoa powder and vanilla extract in a food processor and blitz until you have a sticky paste.
3. Use your hands to shape the paste into balls roughly the size of golf balls.
4. Then roll each ball in the chopped hazelnuts until coated.
5. Place the balls in an airtight container in the fridge and leave them to set.
6. In 1 hour they will be ready.



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