



## Date and Nut Bites

Phase 4 Recipe

*Sweet and nutritious, these post-workout snack or dessert are the perfect choice. Rich in nutrients without added sugars*

### Ingredients:

- 1 cup dates, soaked in warm water for 10 minutes, drained
- ½ cup dried cranberries or cherries, soaked in warm water for 10 minutes, drained
- 1 cup raw almonds
- ½ cup raw pecans
- ¾ teaspoon cinnamon
- ¾ teaspoon ground ginger
- 1/8 teaspoon sea salt (about a pinch)
- Possible toppings: shredded coconut, hemp seeds

### Directions:

1. Place all ingredients into a food processor and pulse until mixture comes together and can be pressed into a ball.
2. Roll date/nut mixture into bite sized shapes. If you moisten your hands, the mixture will stick to you less. As an alternative, you could shape these balls into small bars for something different.
3. Roll into toppings if desired
4. Place on freezer tray, freeze for a few hours, or until firm.
5. These bites are great right from the freezer or fridge. Best served cold, but can be enjoyed at room temperature too.

**716-320-1515**  
**DietMentor.com**  
**info@dietmentor.com**