ISSUE 03

ONE BITE
VEGAN MAGAZINE

HOW TO MAKE
Vegan Sushi

22
FUN-SIZED
FLAVOR-FILLED
PLANT BASED
RECIPES

Superfood Infused
Coconut and Cacao Donuts

Kid Approved!
Zucchini Tater Tots

MUST TRY
Bliss Ball
- 4 WAYS!

Party Perfect Spinach Cheese Pizza Rolls

ONE BITE

VEGAN MAGAZINE

Contact Us

Call:
857-209-8525

Email:
kevin@onebitevegan.com

Website:
www.OneBiteVegan.com

©One Bite Vegan Magazine 2018

Dark Chocolate Almond Bites

By: Anne Lawton

Dark chocolate almond bites are made with deep dark cacao powder, chewy Medjool dates along with a hint of almonds and coconut. They take minutes to make, are gluten free, dairy free and Paleo friendly.

Dark chocolate almond bites are made with only four healthy ingredients, and they are decadent to say the least. And there is nothing wrong with decadent being healthy, is there?

Medjool dates are naturally sweet, loaded with fiber and are an excellent source of potassium and vitamins. The almonds add protein, the cacao powder is rich with antioxidants and the coconut tops it off with its immune boosting properties.

So go ahead and enjoy these guilt-free tasty bites the next time you are craving a sugary snack. Here's how to make them:

Dark Chocolate Almond Bites

INGREDIENTS:

* ½ cup raw almonds
* 12 pitted Medjool dates
* 3 tablespoons cacao powder
* ⅛ cup shredded coconut

INSTRUCTIONS:

1. Place almonds into a food processor and process until crumbly
2. Add the dates and cacao powder and process until mixture forms into a large cluster
3. Remove from food processor and refrigerate for at least 20 minutes
4. Remove from refrigerator and roll mixture into ½ balls
5. Dip balls into coconut and enjoy
6. Store in refrigerator for up to a week

ABOUT THE AUTHOR

Anne lives in New Jersey and is the voice behind the blog Simple and Savory. She believes that preparing your own food with wholesome ingredients not only tastes better, it is much better for your health. When she first started Simple and Savory, it was merely a place for her to organize her family recipes. In early 2017 she decided to share her passion for healthy cooking through her blog. Anne hopes Simple and Savory will inspire more people to prepare their own meals at home. When she's not blogging, she enjoys being outdoors, spending time with her family, shopping for local food and growing her own vegetables. You can find more of Anne's recipes at simpleandsavory.com