



January 14- Choco Pretzel Date Balls

Not Smart Snack Compliant

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1494568>

Recipe

Ingredients:

- ½ cup pretzel twists
- ½ cup almonds
- 8 dates, pitted
- 3 Tablespoons cocoa powder, unsweetened
- 2 Tablespoon peanut butter
- 1 teaspoon vanilla

Directions:

1. In a food processor pulse almonds and pretzels until evenly chopped; remove once chopped well.
2. Add dates in food processor and process until dates are chopped small. Add almond mixture, cocoa, peanut butter and vanilla. Pulse together to form a loose texture.
3. Form into balls once texture is loose.

Yield 18 servings

Nutrition Facts	
Serving Size 1 ball (10.47g)	
Servings Per Container 18	
Amount Per Serving	
Calories 50	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	3%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	