

Salted Brownie Bites

I try to eat healthy. Lots of salads and veggies in general. Most of my days start with fruit of some sort, maybe oatmeal or yogurt.

But sometimes I want something sweet and chocolaty. Not a lot, like a giant piece of chocolate cake (okay, sometimes a giant piece of chocolate cake will do.) But maybe a bite of something healthy and sweet and rich and chocolaty.

Enter these brownie bites. Literally bites, they are enough to hit that sweet spot without overloading on sugar. In fact, they are made with fairly nutritious ingredients like dates, almonds, and cocoa, and then sprinkled with Colima Sea Salt for sweet and salty perfection. They are Paleo friendly, but no one that tastes one will think they are healthy, so make a batch for a party or gift.

I make these up and roll them into teaspoon-sized balls, and store them in the freezer. That way, they're always available, and you can just pop one in your mouth when you get a craving. You can make them bigger if you'd like, a rounded tablespoon should yield you a truffle-sized piece.

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Makes about 2 dozen bite sized pieces

Prep time: 20 minutes

Ingredients:

1/2 cup pitted dates

1/2 cup toasted almonds

1/4 cup cocoa powder

1 tablespoon vanilla extract

1 teaspoon maple syrup or honey

Colima Sea Salt

Directions:

Put the dates in a bowl and cover with hot water. Let soak for 5 minutes. Drain and add to a food processor.

Add the almonds, cocoa, vanilla, and sweetener. Pulse until you have a sticky dough.

Line a baking sheet with parchment. Scoop out rounded teaspoons of the mixture and roll into balls. Sprinkle with Colima Sea Salt. Transfer pan to freezer until firm, then transfer to airtight container and store in the freezer.