Omega-3 Power Bites

INGREDIENTS:

1 (8-oz.) pkg. pitted dates
1 (2-oz.) pkg. raw almonds
8 Tbsp. chia seeds
3 Tbsp. unsweetened cocoa powder
1 tsp. turmeric powder

DIRECTIONS:

Add the almonds to a food processor and pulse until coarsely chopped. Add the rest of the ingredients and process until it forms a doughlike consistency (about two minutes), stopping and scraping down the sides as needed. Add water 1 teaspoon at a time to get the right consistency. Dough is ready when it holds together when pressed between your fingers. Roll the dough into ½-inch diameter bite-size balls. Store in an airtight container in the fridge or freezer.

NUTRITION:

Each makes 32 servings. Each serving has 50 calories, 2 g fat, 1 g protein, 7 g carbohydrate, 2 g fiber and 10 mg sodium.