No-Bake Brownie Bites

Source: Dr. Neal Barnard’s Cookbook for Reversing Diabetes by Neal Barnard MD; recipe by Dreena Burton

These brownie bites are a healthy and easy-to-make treat!

About the Recipe

168 Calories · 4 g Protein · 5 g Fiber
Dessert

Oats do not contain gluten but can be manufactured in a facility with gluten. For severe allergies, it’s best to buy oats with a gluten-free label. If using a plant-based protein powder, be sure to pick one that is gluten and/or nut free.

Ingredients

Makes 7 Servings

- 1 1/2 c (360 g) pitted dates
- 1/2 c (80 g) raisins
- 1 c (81 g) rolled oats
- 2 tbsp (30 mL) pumpkin seeds
- 1/4 c (86 g) cocoa powder
- 2 tbsp (30 mL) chocolate plant-based protein powder, optional
- 1/8 tsp (0.6 mL) iodized salt
- 1 tsp (5 mL) pure vanilla extract
- 3 tbsp (45 mL) nondairy chocolate chips, optional

Directions

1. In a food processor, combine the dates, raisins, oats, and pumpkin seeds. Process until the mixture is crumbly.

2. Add the cocoa, protein powder (if using), salt, and vanilla. Process again, and let the processor run until the mixture begins to get sticky and form clumps.
3. Add the chocolate chips (if using) and pulse until a ball forms on the blade.
4. Remove the bowl, and roll small scoops (about one tablespoon each) of the mixture into balls. Continue until all of the mixture is used.
5. Transfer to an airtight container in the refrigerator, where they will keep for a couple of weeks, or to the freezer, where they will keep for a couple of months.

Nutrition Facts

Per serving (One serving = 3 bites):
Calories: 168
Fat: 2 g
    Saturated Fat: 0.9 g
    Calories from Fat: 11%
Cholesterol: 0 mg
Protein: 4 g
Carbohydrates: 38 g
Sugar: 24 g
Fiber: 5 g
Sodium: 41 mg
Calcium: 56 mg
Iron: 2.7 mg
Vitamin C: 0.7 mg
Beta-Carotene: 4 mcg
Vitamin E: 1 mcg