

PB & C COOKIE DOUGH BITES



INGREDIENTS – Makes 30-32 cookie bites

1 cup organic peanut butter
¾ cup blanched almond flour
½ cup pitted Medjool dates
¼ cup flax meal
¼ cup vegan carob chips
2 Tbs. water

Mash together the pitted dates and peanut butter. I wear a latex-free glove and mash them together with my hands.

Pour the almond flour and flax meal over the date/peanut butter mixture and combine well. You can mash it together with your hands or with a pastry cutter. Add the carob chips and stir.

Add the water and mix well to combine.

Place the mixture in the fridge for 30 minutes to firm-up.

Use a small scoop and shape the dough into balls. Store the completed cookie dough bites in the refrigerator. I store mine in a mason jar.

**** I am sure this recipe would work well in a food processor as well.*