

Raw Almond Cacao Treats

This is an easy to make healthy snack and a great way to use up the pulp left over from making [almond milk](#). It is an excellent source of quick energy for active people and athletes.

Makes 12-16 Treats

1 cup almond pulp, grind almonds in a food processor until fine or use the left over meal from making almond milk

½ cup tahini

¼ cup raw cacao powder

¼ cup organic maple syrup

1 tsp vanilla extract

¼ cup shredded coconut for finishing the treats

¼ cup raw cacao powder for finishing the treats

- Put nut pulp, ¼ cup cacao powder, tahini, maple syrup and vanilla into a bowl.
- Mix until everything is smooth.
- Refrigerate until mixture is firm about 15 minutes
- Put the finishing cacao and coconut into two small plates
- Using about 1 Tb of the almond mixture, roll into small balls, and then roll into the coconut or cacao powder. Alternate for variety.
- Store in an air tight container in the refrigerator or freeze.
- They store for months in the freezer, take out what you need and let thaw at room temperature for 10-15 minutes before eating.

Nutritional Information:

Raw almonds are full of healthy fats and digestible proteins. They are a prebiotic which means they stimulate the growth of healthy microflora (beneficial bacteria and yeast) that populate your large intestine.

Tahini is a nutritional powerhouse containing all the essential amino acids making it high quality protein. Tahini is easily digested because of its non-acidic nature.

Raw cacao is high in fiber, antioxidants, magnesium and has protein as well.