

Raw Vegan Chocolate Chip Kookie Dough Bites

By: Joanne Gero, Naturopath
N.D., Health, Wellness & Raw Food
Coach. www.vibealive.ca

Joanne's Kookie Dough Bites are sweet, soft and chewy and totally to die for! Eat them as is, or drench them in organic vegan chocolate!



Ingredients

1 cup raw organic almonds, cashews or macadamia nuts (soaked & dehydrated); if no time or no dehydrator, using them dry is fine.

1 cup raw organic oat groats (dry, grind into powder using coffee grinder)

½ cup raw dehydrated coconut (or can simply use a organic shredded coconut if you that's all you have)

10 organic medjool dates

4-5 tbsp. agave, raw honey or maple syrup (not raw though)

1 tbsp. vanilla extract (Frontier is my favourite) any organic non-alcohol brand will do

½ tsp. Pink Himalayan or Celtic Sea Salt

½ cup of homemade raw vegan chocolate chips, or you can use 1/2 cup of fair-trade organic vegan chocolate chips to make it a lot easier, but not raw.

Making the Kookie Dough

1. Process in food processor the almonds until fine like a powder but not oily.
2. Add powdered raw oats, shredded coconut, salt, agave, and dates.
3. Process until everything is mixed well and a kookie dough ball begins to form.

(If you find that the batter is too dry add few more tbsp. of agave).

IMPORTANT NOTE: ***Set aside in case dough is slightly warm, otherwise the chips will melt.*

Form into desired kookie size or can roll them into some awesome kookie dough bites. Refrigerate for 1 hour.

Another option is to drench them in melted organic vegan chocolate, and then refrigerate for 1 hour.

These last about 4-5 days refrigerated, but I doubt they'll be around long.