

Chocolate Power Snack Recipe

Basic Ingredients (10 medium size pieces)

- 3 cups dried dates or prunes pitted
- 3/4 cup walnuts
- 3/4 cup coconut flakes
- 1/2 cup whole wheat cereal
- 5–8 tablespoons cocoa powder
- 1–2 tablespoons olive oil
- 5–8 tablespoons cocoa powder
- water if needed
- (honey or dark brown sugar optional)

Also needed

- blender or chopper
- baking sheet/cupcake paper liners
- plastic wrap

Variations

- almonds, pistachios or other nuts
- raisins, cranberries, orange zest
- sesame, chia, or poppy seeds
- coconut milk
- tahini paste
- dark chocolate chips
- nutmeg, cinnamon, anise

Directions

1. Chop & mix all ingredients. Check for desired consistency.
2. Add water, oil, honey according to desired result.
3. Shape into balls/squares/bars.
4. Roll them in preferred coating: cocoa powder, nuts, chocolate, coconut flakes, or cereal.
5. Place balls in paper liners, wrap bigger squares/bars in plastic wrap.

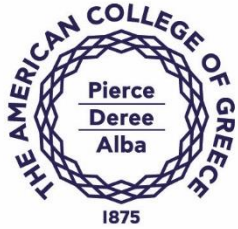
Store in the fridge. Keeps for up to 5 weeks when covered and refrigerated.

Nutritional value

	Total	1 bar/3 balls per serving
Energy	2630 kcal	262 kcal
Cholesterol	0 mg	0 mg
Sodium	36 mg	36 mg
Carbs	412 gr	41 gr
Dietary fiber	56.6 gr	36 gr
Protein	47 gr	5 gr
Fat	18 gr	12 gr

Nutritional values: Panagiotis Tilelis, Executive Coordinator of *Fitness-Nutritionist*, Office of Athletics
Recipe: Sophie Themelis, Wellness Coordinator, Pilates Instructor, *ACG Health & Wellness Center*





Tahini-Honey-Cocoa Spread Recipe

Basic Ingredients (350 gr jar)

- 200 grams honey
- 100 grams tahini/ sesame paste
- 20 tablespoons cocoa powder
- 2-3 tablespoons olive oil
- water if needed

Optional

- 3/4 cup walnuts, cashew crushed to a powder

Also needed

- blender or chopper
- jar

Variations

- almonds, pine nuts, or other nuts
- raisins, cranberries
- coconut oil
- dark chocolate chips
- chia/poppy seeds
- orange zest
- nutmeg, cinnamon, anise

Directions

1. Blend all ingredients until smooth. Check for desired consistency. If using nuts, they must be ground to a powdery consistency or the spread will be chunky.
2. Add water, oil, honey according to desired result.

If stored in a jar outside the fridge, consume within 2 months, or longer if it is refrigerated.

Nutritional value (without nuts)

	Total	2 Tbsp. (37gr)
Energy	1958 kcal	195 kcal
Cholesterol	0 mg	0 mg
Sodium	142 mg	14.2 mg
Carbs	241 gr	24.1 gr
Dietary fiber	43 gr	4.3 gr
Protein	38 gr	3.8 gr
Fat	110 gr	11.0 gr

Nutritional values: Panagiotis Tilelis, Executive Coordinator of *Fitness-Nutritionist*, Office of Athletics
Recipe: Sophie Themelis, Wellness Coordinator, Pilates Instructor, *ACG Health & Wellness Center*

