



Chocolate Mighty Bites

These yummy bite sized chocolate balls are a great way to get children involved in the kitchen as they are fun and quick to make. The oats and dates provide a healthy dose of fibre and long lasting energy. Mighty Bites are completely natural, low in fat, gluten free and suitable for vegans. A healthy treat for the whole family!

Makes 12

You will need:

200g of soft dates (medjool dates work really well)
3 tablespoons of cocoa powder or x 1.5 tbsp cacao
3 tablespoons of oats
Approx 25ml of water

Optional extras:

Flavourings (Choose One)

1 teaspoon of finely grated orange zest
1 teaspoon of vanilla extract
1 teaspoon Cointreau or Baileys (adult's only!)

Coating Options

Crushed and toasted pistachios
Sesame seeds
Cocoa Powder or finely grated chocolate
Coloured sprinkles
Desiccated coconut

How to make your Mighty Bites

1. Weigh the dates and, with the help of an adult chop each one in half, remove the stone and snip into smaller pieces.
2. Put the dates into a food processor. Measure the oats and cocoa powder and add to the food processor with the dates.
3. Add one teaspoon of your chosen flavouring (optional)

4. Add the water.
5. With the help of an adult, switch on the food processor and blend the mixture for around 25 seconds. If it's too dry and crumbly, you may need to add a little more water.
6. Once you have a firm ball, scoop out the mixture and place on a chopping board.
7. Divide the mixture into quarters and then divide each piece into three. Make one mighty bite at a time by rolling a piece quickly between your hands into a ball shape. You can use a little icing sugar if the mixture sticks to your hands.
8. Place your toppings in a bowl and roll a mighty bite in the topping to coat. Repeat with the remaining mighty bites. (optional)
9. Leave to set for around 15 minutes on a plate or baking tray. If they don't get eaten straight away they will keep for up to a week in the fridge.

Mighty Tip!

Mighty Bites make excellent gifts! Wrap them in cellophane and tie with ribbon.