

Raspberry and chia seed bites (vegan)



10 min.



30 kcal



SteviaSweet Crystal

Preparation

Soak the chia seeds in cold water for about half an hour, stirring occasionally to prevent clumping. Place the remaining ingredients in the bowl of a food processor. Add the softened chia seeds and blend until smooth.

Shape the mixture into balls and roll in the coconut. Place the bites in an airtight container and store in the refrigerator.

Ingredients for 20 servings

1 tsp	chia seeds
50 ml	cold water
100 g	raspberries
6 pcs (50 g)	dried dates
80 g	oats
40 g	ground almonds
1 tsp	SteviaSweet Crystal

Serve with

Desiccated coconut to decorate

Nutritional information per portion

30	kcal
127	kJ
1.5	g Protein
4.5	g Carbohydrates
0.5	g Fat