

## Cacao-Brazil Nut Bites

These tasty bites are a decadent yet healthy treat thanks to rich, flavorful cacao powder, which is a great source of magnesium and antioxidants. Brazil nuts are less commonly used nuts, but they offer a lot in the way of nutrition, like a generous dose of selenium. This is the perfect quick and easy recipe for satisfying a chocolate craving in a balanced way.

1. Process the nuts and coconut in a food processor until crumbly, then add all the remaining ingredients and pulse a few times to combine.
2. With hands, roll the mixture into 8 small balls, using about 2 tablespoons for each. Place on a large parchment-lined plate or baking sheet without letting them touch.
3. Chill in the freezer for 30 minutes, then enjoy. The chilled balls can be stored in an airtight container in the fridge for up to 1 week, or in the freezer for 2 months.

Makes: 8 balls

Prep Time: 15 minutes,  
plus 30 minutes chilling

1/2 cup raw Brazil nuts

1/2 cup unsweetened

shredded coconut

1/4 cup raw cacao powder

1/4 teaspoon sea salt

1/2 teaspoon vanilla extract

Large pinch ground cinnamon

2 tablespoons raw honey