

# Chocolate Donut Protein Holes

6 SERVINGS 40 MINUTES



## INGREDIENTS

1/3 cup Pitted Dates (packed)  
2 cups Black Beans (cooked)  
1/2 cup Chocolate Protein Powder  
1/3 cup Sunflower Seed Butter  
1/2 tsp Sea Salt  
1 tbsp Cacao Powder  
1/2 cup Unsweetened Coconut Flakes (optional)

## DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
- 03 Roll the dough into 1-inch balls, then roll in unsweetened coconut flakes and place on the covered baking sheet.
- 04 Refrigerate at least 1 hour to set. Enjoy! 3 balls equal one serving.

## NUTRITION

### AMOUNT PER SERVING

Calories	266	Vitamin A	11IU
Fat	13g	Vitamin C	0mg
Carbs	26g	Calcium	67mg
Fiber	8g	Iron	2mg
Sugar	7g	Vitamin D	0IU
Protein	15g	Vitamin B6	0.2mg
Cholesterol	1mg	Vitamin B12	0.2µg
Sodium	213mg		

