

Feel Good GUT HEALTHY NO BAKE TREATS

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Double Chocolate Coconut Truffles

- 1 cup coconut butter (dry-blend 3 cups shredded coconut)
- 1 tbsp cocoa powder
- 3 tbsp maple syrup



Chocolate Fiber Hearts

- 2 tbsp cocoa
- 3/4 cup almond flour
- 10 dates, soaked
- 2 tbsp peanut butter



Chocolate Chia Pudding

- 1/4 cup cocoa powder
- 3 tbsp maple syrup
- 1/4 cup chia seeds
- 1 cup milk



Chocolate Avocado

- 1 cup avocado
- 1/4 cup cocoa powder
- 10 dates, soaked
- 1/2 cup choc chips, melted



Directions per Recipes

- 1: To make each recipe, combine ingredients for that recipe in a blender.
- 2: Blend until creamy, about 60 second.
- 3: Press into a **mold**; Chill 1 hour
4. Melt choc chips 1 min in microwave. Dip each treat to coat.

Find more **no bake** recipes in my [Chocolate Reset Cookbook](http://ChocolateResetCookbook.com)