

# Brownie Omega Bites

Snack/Dessert

THE JAMES  
Mobile  
Education  
Kitchen

---

**Makes:** approximately 10 bites

## Ingredients:

- 1 cup of walnut pieces
- 1 cup of medjool dates, pitted and packed (approximately 8-9 dates.)
- 1 tsp vanilla
- 2 tsp chia seeds
- 3 tbsp. dark cocoa powder
- Pinch of salt
- Water (if needed)

## Directions:

1. Assemble ingredients, pit dates and place everything in a food processor or a blender.
2. Process until the dough begins to come together.
3. If after 30 seconds to a minute the dough doesn't start to stick together, add a ½ tsp of water at a time until it comes together.
4. Roll into bite size brownie bites, refrigerate for up to a week, and enjoy!

