

Keep your heart healthy this Valentine's day while enjoying these decadent treats with a loved one.

Chocolate Almond Bites

Ingredients

- 4 Medjool dates, pitted and chopped
- 1/4 cup water
- 1 cup canned no salt added black beans, drained and rinsed
- 2 tablespoons natural almond or peanut butter
- 3 tablespoons unsweetened cocoa powder
- 1 ounces bittersweet 70% cocoa chocolate, melted
- 1/2 teaspoon vanilla extract
- 3 tablespoons ground almonds

Instructions

1. In a microwavable bowl combine dates and water; cover and microwave on high for 1 minute or until softened and water is absorbed.
2. Scrape mixture and beans into food processor with almond butter and cocoa powder. Puree until very smooth; stopping and scraping down sides a couple of times.
3. Scrape mixture into a bowl and stir in chocolate and vanilla. Chill in refrigerator for about 45 minutes or until slightly firm. Using a tablespoon, roll into balls and place on small baking sheet. Roll into ground almonds and keep refrigerated.

Source: <http://www.heartandstroke.ca/get-healthy/recipes/desserts-and-baked-goods/chocolate-almond-bites>

