

Beef, Dark Chocolate And Cherry Power Bites

Enjoy this protein-packed treat to get you through the day. The flavors of cherry and dark chocolate make this a tasty one-bite snack.

INGREDIENTS

1-1/2 cups Fully-cooked Ground Beef Crumbles (93% lean or leaner)

1-1/2 cups soft-cooked black beans

1/2 cup honey

1/4 cup unsweetened cocoa powder

1/4 cup unsweetened applesauce

2 whole eggs

1 whole egg white

1 oz dark chocolate

2 tablespoons olive oil

1 teaspoon baking powder

1 teaspoon vanilla extract

1/4 teaspoon coarse ground black pepper

1/2 cup chopped walnuts

1/2 cup dried cherries



1.00	12	42 Cal	13.2g
Hours	Servings		Protein

COOKING

1.

Preheat oven to 350°F. Coat 8-inch square baking dish with cooking spray.

Combine Ground Beef, beans, honey, cocoa powder, applesauce, eggs, dark chocolate, oil, baking powder, vanilla extract and pepper in food processor container. Pulse on and off for 30 seconds or until smooth.

2.

Stir together batter, walnuts and dried cherries in large bowl. Pour batter into prepared baking pan. Bake in 350°F 30 to 35 minutes.

3.

Remove baking pan; cool to room temperature. . Cover and refrigerate at least 4 hours; roll into 1 inch balls. Store in airtight container in refrigerator or freezer.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
12		10.3g	59mg		24g	13.2g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com