Chocolate Power Snack Recipe

**Basic Ingredients** (10 medium size pieces)
- 3 cups dried dates or prunes pitted
- 3/4 cup walnuts
- 3/4 cup coconut flakes
- 1/2 cup whole wheat cereal
- 5–8 tablespoons cocoa powder
- 1–2 tablespoons olive oil
- 5–8 tablespoons cocoa powder
- water if needed
- (honey or dark brown sugar optional)

**Also needed**
- blender or chopper
- baking sheet/cupcake paper liners
- plastic wrap

**Variations**
- almonds, pistachios or other nuts
- raisins, cranberries, orange zest
- sesame, chia, or poppy seeds
- coconut milk
- tahini paste
- dark chocolate chips
- nutmeg, cinnamon, anise

**Directions**
1. Chop & mix all ingredients. Check for desired consistency.
2. Add water, oil, honey according to desired result.
3. Shape into balls/squares/bars.
4. Roll them in preferred coating: cocoa powder, nuts, chocolate, coconut flakes, or cereal.
5. Place balls in paper liners, wrap bigger squares/bars in plastic wrap.

Store in the fridge. Keeps for up to 5 weeks when covered and refrigerated.

**Nutritional value**

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>1 bar/3 balls per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>2630 kcal</td>
<td>262 kcal</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>36 mg</td>
<td>36 mg</td>
</tr>
<tr>
<td>Carbs</td>
<td>412 gr</td>
<td>41 gr</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>56.6 gr</td>
<td>36 gr</td>
</tr>
<tr>
<td>Protein</td>
<td>47 gr</td>
<td>5 gr</td>
</tr>
<tr>
<td>Fat</td>
<td>18 gr</td>
<td>12 gr</td>
</tr>
</tbody>
</table>

Nutritional values: Panagiotis Tilelis, Executive Coordinator of Fitness-Nutritionist, Office of Athletics
Recipe: Sophie Themelis, Wellness Coordinator, Pilates Instructor, ACG Health & Wellness Center
Tahini-Honey-Cocoa Spread Recipe

**Basic Ingredients** (350 gr jar)
- 200 grams honey
- 100 grams tahini/ sesame paste
- 20 tablespoons cocoa powder
- 2–3 tablespoons olive oil
- water if needed

**Optional**
- 3/4 cup walnuts, cashew crushed to a powder

**Also needed**
- blender or chopper
- jar

**Variations**
- almonds, pine nuts, or other nuts
- raisins, cranberries
- coconut oil
- dark chocolate chips
- chia/poppy seeds
- orange zest
- nutmeg, cinnamon, anise

**Nutritional value** (without nuts)

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>2 Tbsp. (37gr)</th>
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</thead>
<tbody>
<tr>
<td>Energy</td>
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<td>195 kcal</td>
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<tr>
<td>Cholesterol</td>
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<td>Carbs</td>
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<td>Dietary fiber</td>
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<td>4.3 gr</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Fat</td>
<td>110 gr</td>
<td>11.0 gr</td>
</tr>
</tbody>
</table>

**Directions**
1. Blend all ingredients until smooth. Check for desired consistency. If using nuts, they must be ground to a powdery consistency or the spread will be chunky.
2. Add water, oil, honey according to desired result.

If stored in a jar outside the fridge, consume within 2 months, or longer if it is refrigerated.

Nutritional values: Panagiotis Tilelis, Executive Coordinator of Fitness-Nutritionist, Office of Athletics
Recipe: Sophie Themelis, Wellness Coordinator, Pilates Instructor, ACG Health & Wellness Center