Almond Choco-Cherry Chia Bites

When you’re constantly on-the-go, portable snacks can quickly become a significant part of your daily diet.

I was inspired to make these Almond Choco-Cherry Chia Bites after making a similar version of them with fellow dietitians who attended a wonderful orchard tour with the California Almond Board. Almonds are not only delicious, they’re an excellent source of protein, healthy monounsaturated fats, and fiber—all of which make for a satisfying snack. Rolled oats, dark chocolate, dried cherries and chia seeds add to the texture and nutrition of this bite-sized snack. Store them in the refrigerator or freezer, and take a few with you to enjoy as a mid-morning or afternoon snack.

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Almond Choco-Cherry Chia Bites
Serves: 35 (one-inch bites)
Cook time: 20 minutes
Ready in 20 minutes

Ingredients
- 1 ½ cup rolled oats (sometimes labeled as Old Fashioned Oats)
- ½ cup almonds, roughly chopped
- 2 tablespoons unsweetened shredded coconut
- 1 tablespoon chia seeds
- ¼ cup 72% cocoa dark chocolate, roughly chopped into small pieces
- ½ cup dried cherries, roughly chopped
- 1/3 cup honey
- 2/3 cup almond butter

Directions
1. In a large mixing bowl, add first six ingredients to the bowl (oats to cherries). Stir all ingredients until combined.
2. Add honey and almond butter to the bowl and stir all ingredients together.
3. Place mixture into the refrigerator for about 10 minutes, as this will allow it to harden and make it easier work with.
4. Shape mixture into one-inch rounded balls and place on a platter or cookie sheet.
5. Serve immediately or refrigerate in an airtight container up to 5 days. You can also freeze and take out as needed.