

COFFEE BUZZ BITES

Servings: 12 | Preparation Time: 20 minutes



Recipe Difficulty:

INGREDIENTS

- 1 cup raw cashews (salted or unsalted)
- 1 cup (packed) pitted dates
- 3 tsp. instant coffee
- ¼ cup dark chocolate chips
- Cold water, as needed, by the tablespoon



Photo credit: <http://www.justjessieb.com>

DIRECTIONS

Place cashews in food processor or a high powered blender to process until finely chopped.

Add dates and instant coffee and continue to process until mixture forms a dough.

Gradually add in cold water if needed to help reach dough consistency.

Add chocolate chips into processor to distribute in small pieces OR move dough to a medium bowl and fold in whole chocolate chips.

Shape into ~1-inch balls.

Store in refrigerator for up to 2 weeks.

Serving Size: 1 ball

Calories: 140

Fat (g): 6 g

Sat. Fat (g): 1.5 g

Carb (g): 20 g

Fiber (g): 2 g

Protein (g): 3 g

Caffeine: 33-35 mg

THE INSIDE SCOOP

Caffeine is an ergogenic aid that affects the central nervous system. Research shows it can increase time to exhaustion, decrease time needed to complete endurance events as well as improve sprint performance and other repeated power movements. Caffeine also enhances cognitive functions including concentration and alertness.

Research supports ingestion of 3-6 mg/kg body weight of caffeine, taken approximately 1 hour prior to training or competition. However, lower doses of 1.5 mg/kg body weight (~ 100-200 mg) have also been shown to be as effective. Start with the lowest effective dose. Try eating 2 coffee buzz bites 60 minutes before training or during a longer moderate intensity session as a fuel source and cognitive performance tool.

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