**Frozen Espresso Fudge Bites**

These espresso fudge bites will satisfy any cravings for coffee and chocolate, because the recipe is rich in both. This dessert recipe is easy to make and free of dairy, eggs, gluten, and processed sugar. The ingredients are simply blended and then need to be frozen for at least two hours, ready to be enjoyed after a barbecue or as a snack during the hot summer months.

**ingredients**

For the bottom layer:

1/3 cup pitted Medjool dates

2/3 cup walnuts

2-3 tbsp unsweetened cocoa powder

1 tsp decaf espresso beans, finely ground

Dash of vanilla extract

For the top layer:

1 ripe banana

3 tbsp almond butter

2 tbsp unsweetened cocoa powder

1 tbsp honey

Pinch of salt

1. Line a muffin tin with cupcake liners. Place the dates in bowl and cover with water. Let sit for 10 minutes, then drain.

2. Place the ingredients for the bottom layer into a food processor and blend until combined. Adjust the amount of cocoa powder and espresso beans to taste. Distribute the mixture among the cupcake liners, pressing into an even layer on the bottom.

3. Place the ingredients for the top layer into a food processor and blend until smooth. Spoon the fudge mixture over the bottom layer in the cupcake liners and smooth out the tops. Freeze for two hours before serving. Store in the freezer.