

***Recipe by Susan Irby, CFNS, CFH, creator of The Bikini Chef®, special to DementiaSherpa.com.***

Note from Christy Turner, DementiaSherpa.com: *Great for people who need to take medications with food but just don't have an appetite for a meal, as well as those who do best with finger foods. Please note the nuts go through a food processor, so even those with chewing difficulties can enjoy this recipe.*

### **No-Bake Maca Matcha Energy Cakes**

*Makes 36*

2 cups packed whole pitted dates  
2 cups whole almonds  
1 ¼ cups no-sugar-added almond butter  
1 ½ tablespoons vanilla extract  
½ cup flax meal  
2 tablespoons black sesame seeds  
2 teaspoons maca root powder  
1 tablespoon matcha powder

Coconut flakes

Place dates in a food processor and pulse to finely chop. Add remaining ingredients EXCEPT coconut flakes. Pulse several times to finely chop almonds and blend all ingredients into a crumbly paste. Form one heaping tablespoon of the mixture into a ball about the size of a smaller golf ball. Then, press into rounds. Dust with coconut flakes (optional) pressing lightly to adhere. Chill in refrigerator for at least 20 minutes. Store in an airtight container in the refrigerator for up to 2 weeks.

#### **Nutrition:**

*Serving size: 1 cake*

Calories: 131

Fat: 8.9g

Saturated fat: 0.7g

Cholesterol: 0mg

Sodium: 0mg

Potassium: 198mg

Carbohydrates: 11.2g

Fiber: 2.7g

Sugars: 6.6g

Protein: 4.0g

***NOTE: These tips and recipes are not meant to diagnose or cure disease and health conditions. As with any change in diet, consult your doctor for specific guidelines.***

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