

Pumpkin Energy Bites

From: Lynda Layng

Preparation Time: 7-10
minutes

Cook Time: 0 minutes

Serves: 18-20 bites

Ingredients

- ½ cup of pumpkin seeds
- ½ cup of sunflower seeds
- ½ cup of almonds
- 1 tablespoon of chia seeds
- ½ cup of rolled oats
- ½ cup of pumpkin puree
- 1 cup of chopped and pitted dates
- 1 teaspoon of cinnamon
- ½ teaspoon nutmeg
- 1 teaspoon of vanilla
- pinch of sea salt *optional

adapted from The Lean Green Bean

Directions

1. Place nuts and seeds into a food processor and pulse several times to chop. Pour into mixing bowl and set aside.
2. Next add in the oats, pumpkin puree, chopped dates and spices into the food processor and pulse to combine. Add in the nut/seed mixture and pulse again to combine.
3. On a small cookie sheet, lined with waxed paper or foil, roll dough into small golf ball size bites.
4. Place cookie sheet in the freezer to firm up bites for about 10-12 minutes.
5. Once firm, they can be stored in a sealed container in the fridge. You will eat them quick, but they can be kept in the fridge for a ten to twelve days.