

Pumpkin Spice Energy Bites

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/pumpkin-spice-energy-bites/>

Ingredients

Energy Bites

- ¾ cup old-fashioned oats
- 2 tablespoons hemp seeds
- 2 tablespoons chia seeds
- 2 tablespoons flax seeds
- ½ cup walnut pieces
- ¼ cup pumpkin seeds
- 2 teaspoons pumpkin spice pie blend
- 1/3 cup dried cranberries
- 1 cup canned or cooked pumpkin
- 10 small soft dates, pitted
- 1/3 cup creamy natural peanut butter
- 1 teaspoon vanilla

Topping

- 1/3 cup pumpkin seeds

Instructions

1. Place oats, hemp, chia, flax, walnuts, ¼ cup pumpkin seeds, pumpkin pie spice and dried raisins in container of food processor. Process a few seconds, just until ingredients are finely ground.
2. Add pumpkin, dates, peanut butter and vanilla and process for a few minutes until smooth, pausing to scrape down sides as needed. Texture should be smooth, finely ground and sticky.
3. Pour mixture into bowl, cover and chill for about 1 hour.
4. Remove from refrigerator and form into small balls (makes 28 balls) with hands.
5. Place 1/3 cup pumpkin seeds in small dish and roll each ball in pumpkin seeds to coat.
6. Store in refrigerator in airtight container.

Makes 28 servings (28 balls).

Nutrition information per serving

Calories: 84	Sodium: 16 mg
Total Fat: 4 g	Protein: 3 g
Saturated Fat: -- g	Carbohydrates: 9 g
Trans Fat: 0 g	Dietary Fiber: 2 g
Cholesterol: 0 mg	Total Sugars: 3 g