

Lentil Spinach Energy Bites

Web Recipe · Snack · GF

85 cal · 5g protein · 10g carbs · 3g fat · 18 servings

Ingredients

- 1 cup cooked green lentils well-drained
 - 1 cup fresh spinach packed
 - 1/2 cup rolled oats
 - 1/4 cup sunflower seed butter
 - 2 tbsp ground flaxseed
 - 2 tbsp nutritional yeast
 - 1 tbsp lemon juice
 - 1 tsp garlic powder
 - 1/2 tsp cumin
 - 2 tbsp hemp seeds
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Instructions

1. Add cooked lentils, spinach, rolled oats, sunflower seed butter, ground flaxseed, nutritional yeast, lemon juice, garlic powder, cumin, and hemp seeds to a food processor.
 2. Pulse until a thick, moldable dough forms. Don't over-blend — some texture is good.
 3. Roll into 18 balls (about 1 tablespoon each).
 4. Place on a parchment-lined tray and refrigerate at least 30 minutes.
 5. Store in the fridge for up to 5 days or freeze for up to 2 months.
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