

# Lentil Spinach Energy Bites

Web Recipe · Snack · GF

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

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## 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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Generated by Meal Planner · Per serving macros