



PUMPKIN PIE ENERGY BITES

SERVES: 8 (2 energy bites each) Prep Time: 20 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1 ½

1 cup	pitted dates
	Warm water
½ cup	raw pecan halves
⅓ cup	100% pure pumpkin puree
¼ cup	unsweetened shredded coconut, reserve small amount for garnish
1 tsp.	pure hazelnut extract
1 tsp.	pure maple syrup
2 tsp.	pumpkin pie spice
1 pinch	sea salt (or Himalayan salt)

1. Place dates in a medium bowl; cover with water. Let soak for 10 minutes. Drain. Set aside.
2. Place pecans in food processor; pulse until finely ground.
3. Add dates, pumpkin, coconut, extract, maple syrup, pumpkin pie spice, and salt; pulse until well mixed. Place in a medium bowl. Refrigerate, covered, for 30 minutes.
4. Using clean hands, roll into tablespoon-sized balls; roll in reserved coconut, if desired.

RECIPE NOTES:

- Store leftover energy bites, refrigerated, in an airtight container.
- Maple extract can be substituted for hazelnut extract.

NUTRITIONAL INFORMATION (per serving): Calories: 120 Total Fat: 6 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 20 mg Carbohydrates: 17 g Fiber: 3 g Sugars: 13 g Protein: 1 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

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