Pumpkin Spiced Energy Bites

Ingredients
- 1 cup organic oats
- 1/4 cup + 2 tbsp. unsweetened coconut flakes
- 2-3 tbsp. pumpkin puree
- 3 large dates, pitted
- 1 tbsp. raisins
- 1 tbsp. flaxseed meal (ground flaxseed)
- 1 tbsp. cinnamon (or to taste)
- 1/8 tsp. cloves
- 1 tsp. vanilla extract
- 1/4 cup of mini chocolate chips (optional)

Making it
1. Process oats, 1/4 cup coconut flakes, pumpkin puree, dates, raisins, flaxseed meal, cinnamon, cloves, and vanilla in a food processor until well-blended and firm
2. Scoop into bite-sized pieces and dust with coconut flakes and cinnamon

NUTRITION FACTS
Servings: 4
PER SERVING
Calories (kcal): 101
Fat (g): 4
Carbohydrate (g): 15.9
Fibre (g): 2.5
Protein (g): 2

TIPS & HINTS
To store, place in an airtight container and refrigerate