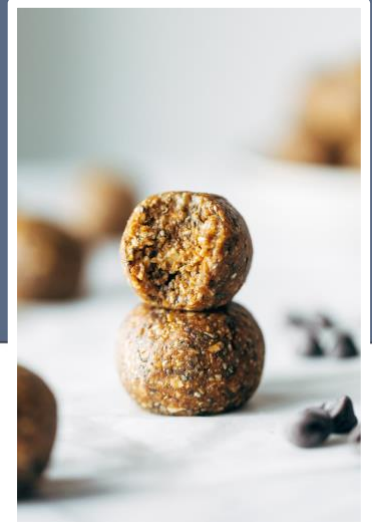


# PUMPKIN ENERGY BITES



HEALTHY EATING SERIES  
COMPLIMENTS OF SFG



## Ingredients

2 cups oats  
½ cup canned pumpkin puree  
¼ cup nut butter  
¼ cup chia seeds  
¼ cup pumpkin seeds  
1 teaspoon vanilla extract  
½ teaspoon cinnamon or pumpkin spice  
½ cup maple syrup or honey  
Pinch of salt

### OPTIONAL

½ cup dark chocolate chips

Preparation time	Cook time	Total time	Servings
15 min	0 min	15 min	25-30 bites

## Description

No bake energy bites make a perfect grab-and-go snack, or they can be used to add a little flavor to your morning yogurt or serve as a sweet treat after dinner. You'll find them in many flavors, but this recipe is one of our favorites for the fall season.

## Directions

1. **Mix:** Pulse all ingredients (except chocolate chips) in a food processor or blender until well-mixed. Then add your chocolate chips and pulse again to finish mixing.
2. **Roll:** Scoop mixture and roll into balls.
3. **Cool:** Place the bites in the freezer until solid.

## Nutrition

These bites are a well-balanced, nutrient-dense snack. They include whole grains, healthy fat and protein.

Oats are high in *fiber*, *iron* and *magnesium*. Pumpkin is a great source of *beta-carotene* (antioxidant), which your body converts to *Vitamin A*. Nut butter contains *healthy (monounsaturated) fat*. Chia seeds are rich in *omega-3 fatty acids*, *fiber*, *protein* and *calcium*.

## Notes

Storage: You can store the bites in the freezer or the refrigerator.

Pumpkin: Make sure to purchase plain pumpkin puree, NOT pumpkin pie puree!

Nut Butter: We prefer almond or peanut butter, but any nut or seed butter will work.

*Original Source: This recipe was adapted from a [Pinch of Yum](#)*