

Date & Coconut Energy Bites

PREP TIME: 10 MINUTES

YIELDS: 9-10 BITES

Ingredients

- 1 cup rolled oats
- 1/2 cup almonds
- 3 dried dates, pitted
- 3 dried figs
- ¼ cup coconut milk
- ¼ teaspoon ground cinnamon

Qualities

- Texture: Soft/Chewy
- Rating for Scent: 3/10
- Spice Level: 0/10

Recipe Benefits

- Anti-inflammatory
- Promotes Gut Health



Nutrition Content for 1 Bite

Calories: 91kcal Carbohydrates: 10g
Fat: 5g Fiber: 2g
Protein: 3g Added sugar: 0g
Sodium: 2.6mg

Directions

1. Add dates and figs to a food processor.
2. Chop for a few seconds.
3. Add remaining ingredients to the food processor.
4. Chop all ingredients together until mixture begins to clump.
5. If mixture does not begin to clump, add a few more drops of coconut milk.
6. Scoop mixture and roll into bite sized balls.



Chef Tips/Adjustments

- These delicious bites can also be made into muffins by adding 1 egg to the recipe, then baking in a preheated 350F oven for 25-30 minutes!
- This recipe can be frozen for future use or to make into a frozen treat. If planning to consume while frozen, the bites should be formed smaller in size so that they are easier to bite into.
- This recipe can be made nut free by omitting the almonds.
- If a sweeter taste is desired, 1 tablespoon of honey or granulated sugar can be added.