



Pumpkin Energy Bites

Whip up a batch of these bite-size treats to keep in your fridge for a quick and satisfying grab-and-go snack.

INGREDIENTS

- 2 cups large flake oats
- 1/2 cup natural peanut butter
- 1/2 cup pumpkin puree
- 1/4 cup shredded unsweetened coconut
- 1/4 cup pumpkin seeds
- 1/4 cups chopped walnuts
- 1/4 cup maple syrup
- 2 tbsp sunflower seeds
- 2 tbsp ground flax seed
- 1 tsp cinnamon
- 2 tsp pumpkin pie spice
- 1/4 cup raisins



INSTRUCTIONS

1. Combine all ingredients in a bowl except for oats and mix well
2. Add in oats slowly and mix together (want mixture to be slightly sticky so balls will stick together, if mixture is too dry balls will fall apart)
3. Roll mixture into roughly 20 balls
4. Place balls on a cookie sheet and set in the freezer for 15 minutes
5. Remove from freezer and portion into snack bags (I put 2 per bag)
6. Remove snack back from freezer and let thaw when you are ready to enjoy!

Dietitian Tip: Make a full batch of these and keep in the freezer. Bring 2 or 3 for a quick snack on the go for after a workout, hours of running errands or a long car-ride.

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