

Pumpkin energy bites

INGREDIENTS

- 2 cups of rolled oats
- ½ cup canned pumpkin puree
- ¼ cup sunflower butter (or peanut or almond)
- ¼ cup flax seeds
- 2-3 tablespoons of chia seeds (optional)
- 1 teaspoon of vanilla
- ½ cup honey or maple syrup
- Pinch of salt
- ½ teaspoon of cinnamon
- ½ cup dark mini chocolate chips



INSTRUCTIONS

1. Pulse all ingredients, except chocolate chips, in a food processor until well mixed.
2. Add chocolate chips and pulse a few more times. You can also put all ingredients into a bowl and stir well with a wooden spoon. The pieces will just be a little larger.
3. Scoop mixture and roll into tablespoon-sized balls with your hands and place on a wax paper lined cookie tray.

Prep Time *5-10 minutes*

Total Time **5-10 minutes**