

## **Energy Bites**

### **Ingredients**

2 cups rolled oats (better if toasted)  
5 Medjool dates = ½ cup chopped  
½ cup smooth peanut butter  
½ cup pumpkin seeds, toasted  
3 Tbsp maple syrup  
¼ cup cocoa powder for rolling

### **Equipment List**

Parchment paper  
Sheet pan  
Mixing bowl

### **Instructions**

Mix all ingredients together until combined  
Roll into 1-inch bites  
Store in refrigerator or freezer

### **Alternative butters:**

Peanut  
Almond  
Tahini  
Sunflower seed butter

### **Toppings:**

Chopped dates  
Nuts  
Seeds  
Dried fruit  
Coconut  
Chocolate chips

