

Pumpkin No-Bake Power Bites



I found this recipe while surfing some new clean eating sites and it just might be one of the most amazing things I have ever tasted! I love fall and I love oatmeal and these little bites are just the ticket to a clean healthy snack!!! I'm in heaven! Now, to not eat them all in one sitting!

- 8 oz. (about 1 packed cup) chopped dates
- 1/4 cup honey
- 1/4 cup pumpkin puree
- 1 Tbsp. chia seeds or flax seeds
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- pinch of salt
- 1 cup old-fashioned oats (dry, not cooked)
- 1 cup toasted coconut flakes
- 1 cup toasted pepitas (pumpkin seeds)

Combine the dates, honey, pumpkin puree, chia (or flax) seeds, cinnamon, ginger, nutmeg and salt in a food processor, and pulse until smooth and combined.

Transfer the mixture to a large bowl, and stir in the oats, coconut flakes and pepitas until evenly combined. Cover and refrigerate for at least 30 minutes.

Once the mixture is cool (and easier to work with), use a spoon or cookie scoop to shape it into your desired size of energy balls. (Mine were about 1-inch in diameter.) Alternately, you can line a small baking pan with parchment paper, and press the mixture evenly into the pan, let it cool, and then cut into bars.

Store covered in the refrigerator for up to 2 weeks. (Storing them in the refrigerator especially helps the energy bites hold their shape.)

Melanie's Tip: If you feel like adding a little extra sweetness, these would also be great with some cinnamon or white chocolate chips tossed in.