

Energy Bites

8 Servings • 1 Serving = 2 Energy Bites



INGREDIENTS

- 1 cup dates, pitted
- 2/3 cup rolled oats
- 2 Tablespoons peanut butter or almond butter
- 1 Tablespoon pecans
- 1 teaspoon chia seeds
- Optional: 1 Tablespoon cocoa powder

DIRECTIONS

1. Soak dates in water for 10 minutes and drain well.
2. Mix dates in a blender or food processor until they are in small pieces.
3. Add oats, nut butter, pecans, and chia seeds. Pulse until all the ingredients are combined.
4. Carefully roll mixture into sixteen 1" balls.
5. Roll in cocoa powder.

Nutrition Facts

8 servings per container	
Serving size	2 energy bites
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 1mg	6%
Potassium 100mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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