

Lemon Bites – School Edition

14 Servings • 1 Serving = 1 Bite



INGREDIENTS

- 1 cup pumpkin seeds, unsalted
- Juice of 2 lemons
- 1 cup dates, pitted
- ½ cup shredded coconut, unsweetened

DIRECTIONS

1. Coarsely chop pumpkin seeds and dates and add to a medium bowl.
2. Add lemon juice into the bowl and mix until soft dough forms.
3. Using your hands, form the mixture into small balls and roll them in the coconut.

Nutrition Facts

14 servings per container
Serving size 1 Bite

Amount per serving
Calories 90

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 4mg 0%

Iron 1mg 6%

Potassium 56mg 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.

Recipe developed by the San Antonio Food Bank



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