



# Pumpkin Chocolate Chip Power Bites

2 Servings • 1 Serving = 2 Bites

## INGREDIENTS

- 4 medjool dates, pitted
- 3 Tablespoons water
- ½ cup pumpkin puree, unsweetened
- ½ cup peanut butter
- ¾ teaspoon pumpkin pie spice
- 2 Tablespoons ground flaxseed
- 1 ½ cup old fashioned oats, divided
- ¼ cup walnuts, chopped
- ¼ cup semi-sweet chocolate chips
- Pinch of sea salt

## DIRECTIONS

1. In a small bowl, cover dates with water and microwave on high for 20 seconds so dates soften.
2. Drain dates and add to a blender or food processor. Pulse until dates are chopped. Add pumpkin puree and peanut butter and pulse until combined.
3. Scrape down sides of bowl and add pumpkin pie spice, flaxseed, and 1 cup oats. Pulse until combined.
4. Remove blade from food processor and stir in remaining oats, walnuts, chocolate chips, and salt.
5. On sheet of parchment paper, roll dough into 30 mini power balls.

Nutrition Facts	
15 servings per container	
<b>Serving size</b>	<b>2 bites</b>
Amount per serving	
<b>Calories</b>	<b>130</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 7g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 19mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 122mg	<b>2%</b>

\*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 Botanical Garden

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