



Pumpkin Energy Bites

Pumpkin is in season! These energy bites provide a healthy dose of fiber, zinc, vitamin C and vitamin A. These energy bites can be made ahead and frozen for an easy snack on the go.

Ingredients

1 ½ -2 cups dry, uncooked quick oats

10 medjool dates

½ cup pumpkin puree (can use canned pumpkin)

¼ cup chia seeds (flax, hemp or chia or a mixture of)

¼ cup walnuts, finely chopped

¼ cup maple syrup

1 teaspoon vanilla extract

1 ½ teaspoon of pumpkin pie spice (or a mixture of cinnamon, nutmeg and cloves)

½ cup dark chocolate chips

Equipment

Food processor

Measuring spoons

Measuring cups

Liquid measuring cup

Medium bowl

Large spoon

Spatula

Parchment paper

Directions

1. In a medium bowl, add 1 ½ cup oats, pumpkin, chia seeds, maple syrup, vanilla extract, pumpkin pie spice and mix until smooth.
2. In a food processor, blend the dates and walnuts into small pieces.
3. Add the walnut and date mixture to the bowl with the oats and use large spoon or your hands to combine.
4. Add dark chocolate chips into bowl and mix. If your mixture is too wet, you can add the additional oats. If your mixture is not sticking together add 1 tablespoon of water at a time until the mixture holds together.
5. Roll mixture into small balls and place on parchment paper. Should make 14-15 balls total.

😊 Little helpers: Kids can help measure and add the ingredients. Allow them to use their hands to combine the ingredients. They will love to roll the mixture into bite sized balls.

🍏 Using oats gives these energy bites a little nutritional boost. But the real nutrition superstar is the pumpkin which adds fiber, vitamin C, zinc and vitamin A. The seeds and walnuts will add some heart healthy fats, fiber and a small amount of protein – all important nutrients for growing kids!