

Seasonal Energy Bites

Instructions

1. Pit the dates and place the fruit in a small bowl. Cover the dates with water and allow to soak for 20 minutes. Drain the dates but reserve a ¼ cup of the water for the energy bite dough.
2. Add the dates, cinnamon, vanilla extract, chia seeds, and reserved water to a food processor. Blend until the date mixture forms a paste. Add the oats and blend until a dough forms. Leave some of the oat pieces intact.
3. Next, add the dried cherries and pistachios to the food processor. Pulse until combined but try to not over-process them. Some larger pieces can remain.
4. Roll a small piece of dough into a ball and set on a cookie sheet. Optional: Roll each ball into shredded coconut for a “snowball” effect. Repeat until all of the dough has been used.
5. Allow the energy bites to set and cool in the fridge.
6. Store the bites in a sealed container in the fridge for a quick snack, or place them in the freezer for long-term storage.

Ingredients

- 10 Medjool dates
- ½ tsp of cinnamon
- ¼ tsp of vanilla extract
- 1 tbsp of chia seeds
- ¼ cup of water
- 1 cup of gluten-free, old-fashioned oats
- ½ cup of unsweetened dried cherries
- ½ cup of shelled pistachios
- ¼ cup of unsweetened, shredded coconut (optional)

Grocery List

- Medjool dates
- Cinnamon
- Vanilla extract
- Chia seeds
- Gluten-free, old-fashioned oats
- Unsweetened dried cherries
- Shelled pistachios
- Unsweetened, shredded coconut (optional)