

Pumpkin Pie Energy Bites

Instructions

1. Add all of the energy bite ingredients to a food processor, and pulse until the ingredients are well-combined and form a "cookie dough." There should still be some chunks of nuts left in the dough, and the batter should be thick, so you may need to stop the food processor a few times to scrape the sides of the bowl with a spatula.
2. Use a medium cookie scoop or ice cream scoop to scoop out the dough. Roll the pieces of dough into balls, and place them on a baking sheet lined with parchment paper. Once you have used all of the dough to form the bites, place them in the freezer for 30 minutes.
3. After the energy bites have been in the freezer for 30 minutes, make the topping by adding the chocolate chips and coconut oil to a microwave-safe bowl. Microwave in 30-second intervals until the chocolate is melted. Drizzle the chocolate over the energy bites, and sprinkle with cinnamon. Place the energy bites back in the freezer for 10 minutes.
4. The energy bites should be kept in the freezer in an airtight container, and will last up to 3 months. Enjoy them straight from the freezer, or if they are too hard, let them sit on the counter for 5-10 minutes before serving.

Ingredients

For the energy bites:

- 1/2 cup of pumpkin purée
- 1/2 cup of creamy natural peanut butter, can substitute with almond or pecan butter
- 1/3 cup of pure maple syrup, can substitute with honey
- 1/2 cup of toasted pecans, can substitute with toasted walnuts
- 2 teaspoons of pumpkin pie spice
- 2 tablespoons of flaxseed meal
- 1 tablespoon of chia seeds
- 1/4 teaspoon of sea salt
- 2 cups of old-fashioned rolled oats, gluten-free if desired

For the topping:

- 1/4 cup of white or dark chocolate chips, dairy-free if desired
- 1 teaspoon of coconut oil
- Cinnamon to sprinkle on top

Grocery List

- Pumpkin purée
- Creamy natural peanut butter
- Pure maple syrup
- Pecans
- Pumpkin pie spice
- Flaxseed meal
- Chia seeds
- Sea Salt
- Old-fashioned rolled oats
- White or dark chocolate chips
- Coconut oil
- Cinnamon