



Nancy's Nourishing Kitchen

Energy Bites

Ingredients:

- 1 cup pitted dates, soaked in warm water for 15 minutes, drained & roughly chopped
- 1 cup dried cranberries (fruit juice sweetened)
- 1/2 cup walnuts (optional: toast in 325° oven until fragrant; 5-10 minutes)
- 2 tablespoons chia seeds
- 1/2 cup organic peanut butter
- pinch of sea salt

Directions:

- Put dates and cranberries in food processor and pulse to break up a bit.
- Add walnuts, chia seeds, peanut butter and sea salt.
- Process until well combined, scraping down the sides a few times.
- Measure 2 teaspoons and roll into balls.
- Set on parchment lined baking sheet and freeze for 30 minutes to set.

Keep refrigerated. The bites freeze well.

Substitute: Cherries for cranberries. Pecans for walnuts. Hemp seeds or ground flax seeds for chia seeds. Almond butter or sunflower seed butter for peanut butter.



Nancy Ferraris

nancysnourishingkitchen.com

nancyferraris@me.com