

Energy Bars and Bites



Maple Pecan Energy Bites

- ½ cup Medjool dates, pitted
- 2 ¼ cups pecans or almonds, divided
- 1 cup old-fashioned oats
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- ½ teaspoon salt

Steps:

1. Finely chop ¼ cup nuts (pecans or almonds) and add to a plate.
2. Place dates in a medium-size bowl and cover with boiling water. Allow dates to sit for ten minutes before draining.
3. Add 2 cups nuts (pecans or almonds), oats, dates, maple syrup, vanilla and salt to the bowl of a food processor. Blend until smooth and the mixture forms into a cohesive ball. This could take up to 2 minutes. Remove mixture to a bowl.
4. Using a small scooper, for the mixture into 16 balls. Roll each ball around the chopped nuts to coat. Store in an airtight container for a week or freeze for up to three months.

Cocoa Energy Bites

- ¼ cup toasted almonds
- Pinch of salt
- 1 cup Medjool dates, pitted
- ½ cup dried cherries, apricots or raisins
- 1 cup toasted pumpkin seeds
- 2 tablespoons cocoa powder
- 2 tablespoons water
- ¼ cup toasted coconut

Steps:

1. Place dates in a medium-size bowl and cover with boiling water. Allow dates to sit for ten minutes before draining.
3. Add nuts (pecans or almonds), salt, drained dates, cherries, apricots or raisins, pumpkin seeds, cocoa powder, and water to the bowl of a food processor. Blend until smooth and the mixture forms into a cohesive ball. This could take up to 2 minutes. Remove mixture to a bowl.
4. Using a small scooper, form the mixture into 16 balls. Roll each ball around the toasted coconut to coat. Store in an airtight container for a week or freeze for up to three months.

Cocoa Date Protein Bar

- 2 ½ cups Medjool dates, pitted
- ¾ cup roasted almonds
- ¾ cup roasted pumpkin seeds
- 1 cup egg white protein powder
- ¼ cup cocoa powder
- 1 teaspoon pumpkin pie spice
- ½ teaspoon kosher salt
- ½ cup chopped cashews
- ½ cup dried cherries or raisins

Steps:

1. Place dates in a medium-size bowl and cover with boiling water. Allow dates to sit for ten minutes before draining.
2. Add almonds, salt, cashews, pumpkin seeds, egg-white protein powder, cocoa powder, pumpkin pie spice, and kosher salt to the bowl of a food processor. Blend until finely chopped. Now add drained dates and cherries (or raisins). Blend until a smooth mixture forms into a cohesive ball. This could take up to 2 minutes.
3. Press mixture into a canola-oiled foil-lined 9" X 13" baking dish and bake at 250° until slightly firm and not sticky (25 - 35 minutes). Let cool and cut into 12 bars. Store bars, wrapped well, in the refrigerator for up to 2 weeks.