



# Recipes

## Snacks

### Energy Bites

*Prep Time: 20 minutes*

**Ingredients:**

½ cup pumpkin seeds  
2 cups gluten free oats  
1 cup almond butter  
4 dates pitted  
¼ cup ground flaxseed  
2 teaspoon vanilla  
2 teaspoon cinnamon  
½ cup dried cranberries

**Directions:**

1. Grind oats and pumpkin seeds, set aside
2. In a food processor, blend dates, almond butter, flaxseed, vanilla, cinnamon and cranberries, set aside.
3. Wearing gloves, roll almond butter mixture into 2-inch balls or squares.
4. Coat with oat/pumpkin mixture.
5. May be stored in refrigerator or freezer.