



## Holiday Energy Bites

**Yield:** About 20-25 bites

### Ingredients:

- 2 cups rolled oats
- $\frac{1}{2}$  cup raw pumpkin seeds
- $\frac{1}{2}$  cup dark chocolate chips
- $\frac{1}{2}$  cup dried cranberries
- 1 cup natural peanut butter, almond butter or nut free sunflower seed butter
- 1 cup unsweetened coconut
- 2 tbsp ground flax seeds
- 1 tbsp raw cacao power
- $\frac{1}{2}$  cup maple syrup or honey
- 1 tsp ground cloves (or 1-2 drops dōTERRA Clove essential oil)
- $\frac{1}{2}$  tsp cardamom powder
- $\frac{1}{2}$  tsp nutmeg
- 1 tsp ground cinnamon

### Directions:

1. Add oats, pumpkin seeds, chocolate chips, coconut and cranberries into a large bowl.
2. Next add in peanut butter, maple syrup, flax seeds, cacao and spices. Mix all together until well combined.
3. Scoop about 1 tbsp. of dough and form into a ball.
4. Refrigerate bites until set, approximately 1 hour. Store in an airtight container in a refrigerator for up to two weeks, or freeze for up to two months.