



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
- 1/2 cup maple syrup or honey
- 1 tsp ground cloves (or 1 drop doTERRA Clove essential oil)
- $\frac{1}{2}$ tsp cardamom powder
- $\frac{1}{2}$ tsp nutmeg
- 1 tsp ground cinnamon
- Can also replace the spices for one drop doTERRA essential oils: clove, cinnamon and ginger

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. Optional: Roll balls into extra coconut
5. 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.