



Pumpkin Pie Bites

Yield: 20 bites

Ingredients:

- 2 cups rolled oats
- 1/2 cup raisins or dried cranberries
- 1 cup pumpkin puree
- $\frac{1}{4}$ cup ground flax seeds
- $\frac{1}{4}$ cup pumpkin seeds
- 1/2 cup maple syrup or raw honey
- 1 cup peanut butter (or any nut butter)
- $\frac{1}{2}$ tsp pumpkin pie spice
- $\frac{1}{2}$ cup chocolate chips

Directions:

1. In a large bowl, add all of the ingredients and stir until evenly combined. The mixture should be a little sticky. *Can also blend all together in a food processor.
2. Scoop a tablespoon of the mixture and roll into firmly packed balls.
3. Store protein bites in an airtight container and keep refrigerated for up to a week