

Chocolate Coffee Energy Bite

Serving Size: 1 each

Makes 12 servings

Ingredients:

1 oz	ground espresso coffee
5 oz	dates, pitted
½ cup	pumpkin seeds, hulled
1/3 cup	baking cocoa
1 tbsp	chia seeds
1/8 tsp	salt
1/3 cup	sunflower seed butter
¼ cup	water

Preparation:

1. Ensure espresso grounds are finely ground (either in espresso machine or coffee/spice grinder).
2. Combine dates, pumpkin seeds, cocoa, chia seeds, salt, sun butter, and espresso grounds in a food processor. Pulse until mixture is in very small pieces. While continuing to blend, pour water into mixture and continue blending until mixture comes together.
3. Portion and roll 2 TBSP of mixture for each energy bite.

NUTRITION FACTS

PER SERVING

calories	140
total fat (g)	9
saturated fat (g)	1.5
trans fat (g)	0
sodium (mg)	45
total carbohydrate (g)	14
dietary fiber (g)	3
sugar (g)	8
protein (g)	5



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