

Chocolate, Coffee Energy Bites

Portion Size: 1 each

Yield: 12

Ingredients:

Dates, pitted, whole	5 oz wt
Pumpkin Seeds, hulled	1/2 cup
Baking Cocoa	1/3 cup
Coffee, ground	1 oz
Chia Seeds	1 TBSP
Salt	1/8 tsp
Sunflower Butter	1/3 cup
Water	1/4 cup

Preparation:

1. Combine dates, pumpkin seeds, cocoa, coffee grounds, chia seeds, salt, and sun butter 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.
2. Portion and roll 2 tbsp of the mixture for each energy bite.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
150	5	16	3	8	9	1	50

RECIPES BY FLIK

For additional recipes visit:
flik-usa.com/blog/wellness/recipes