
Nut-Free Energy Bites

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 3/4 cup soft pitted dates
- 1/2 cup rolled oats
- 1/4 cup coconut flakes (or shredded)
- 2 tablespoons sunflower seed butter
- 1/4 tsp cinnamon powder
- 1/2 tsp vanilla extract or paste
- 2 tablespoons cocoa nibs (optional)
- 1 tsp maca powder (optional)
- Sesame seeds

Instructions:

1. In a food processor combine dates with the oats and coconut and process until ground.
2. Add the remaining ingredients (except for the sesame seeds) and process until mixed well and the mixture comes together.
3. Pinch off a level tablespoon amount of the mixture and roll into balls, making about 12. Roll into the sesame seeds.
4. Store in the fridge. Enjoy with a cup of coffee or tea or a matcha latte YUM!