
Date Oat Bites

Cook Time: 10 min

prep Time: 10 min

total Time: 20 min

servings: 22

Ingredients

3/4 cup (85g) rolled oats

3/4 cup (90g) oat flour

1/2 cup (100g) dried dates, chopped

1/4 cup (30g) coconut sugar or date sugar

1/4 cup (30g) shredded coconut, unsweetened

1/4 cup (55g) raw quinoa

1/4 cup (30g) ground flax seeds

2 tablespoons (20g) sesame seeds

2 tablespoons (30g) chia seeds

1 teaspoon ground cardamom or cinnamon

1/4 teaspoon baking soda

1/4 teaspoon salt

1/4 cup (55g) coconut oil, melted or melted butter

1/4 cup (60ml) maple syrup or honey

1/2 teaspoon vanilla extract

2-3 tablespoon milk of choice or water

Instructions:

1. Pre-heat the oven to 350F or 160C. Prepare a mini muffin pan by spraying or greasing very well. These can also be made into cookies and if so prepare a baking sheet lined with parchment.
2. In a food processor, place all the dry ingredients starting from the oats until the salt. Pulse about 10 times to chop some of the ingredients and combine.
3. Now add the oil/butter, maple/honey, and vanilla with 2 tablespoons of milk or water. And pulse until the mixture is moistened. Press with your hand and if it holds together then it's done. If it's still dry and crumbly, add another tablespoon of liquid and pulse again.
4. Divide the mixture evenly to make 20 mini muffins. Or scoop about a heaped tablespoon of the mixture, roll it into a ball, then place it onto the baking sheet, flattening slightly to make cookies.
5. Bake for about 10 minutes, until the bites just start to turn golden brown on the edges. Let cool a little before enjoying.
6. Store the bites in an airtight container at room temperature for 5 days, or in the fridge for 2 weeks.