

# Pumpkin No Bake Energy Bites

## Energy on the go!

These easy to make, no bake, pumpkin energy bites are delicious, nutritious, and perfect for a burst of energy while you're on-the-go. Made with clean foods that are rich in vitamins, minerals, and fiber, these tasty bites help keep you and your family feeling energized and ready to tackle the day!



## Ingredients

- 8 oz (about 1 packed cup) chopped dates
- ¼ cup honey
- ¼ cup pumpkin puree
- 1 Tbsp. chia seeds or flax seeds
- 1 tsp. ground cinnamon
- ½ tsp ground ginger
- ¼ ground nutmeg
- Pinch of salt
- 1 cup old-fashioned oats (dry, not cooked)
- 1 cup toasted coconut flakes
- 1 cup toasted pepitas (pumpkin seeds)

## How to Make!

- Combine the dates, honey, pumpkin puree, chia seeds, cinnamon, ginger, nutmeg, and salt in a food processor, and pulse until smooth and combined.
- Transfer the mixture to a large bowl and stir in the oats, coconut flakes, and pepitas until evenly combined. Cover and refrigerate for at least 30 minutes to firm up.
- Once the mixture has firmed up and easier to work with, use a spoon or cookie scoop to shape it into your desired size of energy bites (about 1 inch diameter). You could also line a small baking pan with parchment paper and press the mixture evenly into the pan, let it cool, and then cut into bars.
- Store covered in the refrigerator for up to 2 weeks. Storing in the refrigerator will help the energy bites hold their shape). (c) 2012 Gimme Some Oven. All rights reserved.

## PUMPKIN

Great source of antioxidants and a variety of minerals including phosphorus, magnesium, manganese, zinc, iron, and copper. Pumpkin also has anti-microbial, anti-fungal, and anti-viral properties.

## OATS

Studies have shown that oats can help lower cholesterol. Oats are a great source of soluble fiber, antioxidants, and can help enhance immune response to infection.

## CHIA SEEDS

High in Omega 3, fiber, and protein, chia seeds can help improve your stamina, brain and heart health, and they help you feel full.

## DATES

Excellent source of dietary fiber, flavonoids, iron, potassium, calcium, manganese, copper and magnesium.

## Nutrition Facts

Serving Size 1 Ball (1g)  
Serving Per Container 25

### Amount Per Serving

**Calories** 70

Calories from Fat 7

**% Daily Values\***

<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 1.3g	
Monounsaturated Fat 0.93g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Potassium</b> 60mg	<b>2%</b>
<b>Sodium</b> 11.44mg	<b>0%</b>
<b>Total Carbohydrate</b> 10.66g	<b>4%</b>
Dietary Fiber 1.43g	<b>6%</b>
Sugars 0.07g	
<b>Protein</b> 2.13g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## CINNAMON

Its scent helps boost brain function, particularly attentional processes, working memory, visual-motor speed, and virtual recognition memory. Cinnamon is an excellent source of fiber, manganese, calcium, and has been shown to have anti-microbial properties. It may help the insulin response of individuals with Type 2 Diabetes.

## GINGER

Has been found to help alleviate symptoms of GI distress as well as relieve nausea and vomiting during pregnancy. It has also been shown to have anti-inflammatory effects in those with osteoarthritis and rheumatoid arthritis and have immune system benefits.

## HONEY

Rich in antioxidants and flavonoids, helps maintain glycogen levels, and is beneficial for proper digestive tract functioning.

### Sources:

<http://whfoods.org/the-worlds-healthiest-foods/>

<http://www.nutrition-and-you.com/dates.html>

<http://naturalstandard.com/>

<http://www.gimmesomeoven.com/pumpkin-no-bake-energy-bites/>