



# PUMPKIN ENERGY BITES



**1/2 cup of pumpkin provides over 200% of daily vitamin A needs**



Today we are offering healthy pumpkin energy bites that are bursting with pumpkin pie flavor. They are a perfect snack to grab on the go and are loaded with vitamin A as well as healthy nut fats. Pumpkin is rich in vitamin A in the form of beta-carotene (a carotenoid), which gives it its bright orange or yellow color. Beta-carotene is converted into vitamin A in the body, which helps you to maintain healthy skin, teeth, and vision. Pumpkin is also an excellent source of vitamin C and potassium among other vitamins and minerals. All these nutrients packed into one energy bite. Give one a try today!

## INGREDIENTS:

**makes about 45 balls**

- 3 cup old fashioned oats
- 3/4 cup chopped pecans or walnuts
- 3/4 cup almond or peanut butter
- 3/4 cup + 2 Tablespoons pumpkin puree
- 6 tablespoon maple syrup
- 3 teaspoon vanilla extract
- 3 teaspoon ground cinnamon
- 3/4 teaspoon ground nutmeg
- 3/4 cup milk chocolate chips

## DIRECTIONS:

1. In a food processor, place half of the oats, the already chopped pecans, nut butter, pumpkin puree, maple syrup, vanilla extract, and spices. Pulse two or three times, until well combined.
2. Transfer the dough into a large mixing bowl. Add the remaining oats, the mini chocolate chips, and stir well.
3. Using a cookie scoop or your hands, shape and roll the dough into balls.
4. Chill in fridge for at least one hour.

## NUTRITION FACTS

Serving size	2 each	
Amount per serving		
<b>Calories</b>	<b>149</b>	
	% Daily Value*	
Total Fat	8.4g	11%
Saturated Fat	2.7g	13%
Trans Fat	0g	
Cholesterol	2mg	1%
Sodium	6mg	0%
Total Carbohydrate	16.3g	6%
Dietary Fiber	1.6g	6%
Total Sugars	9.6g	
	Includes 5g Added Sugars	10%
Protein	3.5g	
Vit. D	0mcg	0%
Calcium	18mg	3%
Iron	1mg	3%
Potas.	104mg	2%

