

Recipe : Chocolate Peanuts Energy Bites

Servings : 8-10 Bites

Vegan | Refined Sugar-Free

Ingredients :

1 cup Rolled Oats

1/3 cup Pumpkin Seeds

1/4 cup Chocolate Chips (dark)

1/3 cup Roasted Peanuts

2-3 Pitted Dates

1 tbsp Coconut Oil or Water

Process :

- Add all the ingredients except coconut oil or water and blend till it forms to coarse mixture.
- If the mix is too dry and not sticking together, add 1 tbsp of water or coconut oil and blend again. Mostly you will have the mixture in good form. If not, blend for 4-5 more minutes so that the oils in the nuts will release and make the mixture sticky.
- Try not to add too much water or coconut oil, blend till the nuts release their oils.
- Once you get the right consistency, take 1 tbsp of mixture and make into bite size round balls with hand.
- Store them in a air-tight container for 2-3 weeks in refrigerator.
- Enjoy them as it is or add them in your morning oatmeal to add good fats and comforting taste!

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