



Date Energy Bites

INGREDIENTS:

- 90g Medjool Dates, pitted
- 55g cashews
- 10g pumpkin seeds
- 15g macadamia nuts
- 10g of nut butter
- Pinch of Salt

TOPPINGS:

- Coconut flakes
- Hemp seeds
- Cocoa powder
- Chocolate chips
- More diced nuts
- Chia seeds

FLAVOUR COMBINATIONS:

- Cinnamon Chocolate: 1tsp cinnamon + 1 tsp cocoa powder
- Vanilla Coconut: 1tsp vanilla extract + 1tbsp unsweetened shredded coconut
- Peanut Butter Chocolate: 1tsp cocoa powder + peanut butter (10g as listed above) + chocolate chips
- Lemon Tahini: 1/2 tsp lemon zest + tahini butter (10g as listed above)