



Date Energy Bars

Yield: 14 balls
Serving size: 1 ball

Ingredients

1 cup	Dates, pitted
½ cup	Dried coconut
½ cup	Rolled oats
2 Tbsp	Nut butter of choice
1 tsp	Ground cinnamon
1 tsp	Vanilla extract

Equipment

- Measuring cups
- Measuring spoons
- Food processor
- Tablespoon or cookie scoop

Method

1. In a food processor, combine all of the ingredients. Pulse the mixture until it is well combined and has a sticky consistency.
2. Take one tablespoon of the mixture and roll it into a ball between your palms.
3. Place the balls on a plate and chill for at least 30 minutes to firm up.

Helpful Tips

- Substitute other dried fruits, such as mango or cherries
- Add ground flaxseeds, hemp seeds, or chia seeds for added fiber and protein