

# Pumpkin Pie Energy Bites

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The sweet-and-sticky fruit that holds all the good stuff in this recipe together is known to be a great source of energy and fiber!

### **P90X/P90X2 Portions**

1 Single Serving Snack

### **P90X3 Portions**

$\frac{1}{2}$  Carb

$1\frac{1}{2}$  Fat

### **Container Equivalents**

1 Purple

$\frac{1}{2}$  Blue

### **2B Mindset Plate It!**

Enjoy as an occasional treat. Be sure to track it.

## INGREDIENTS

- 1 cup pitted dates
- Warm water
- $\frac{1}{2}$  cup raw pecan halves (or pecan pieces)
- $\frac{1}{3}$  cup canned pumpkin puree
- $\frac{1}{4}$  cup unsweetened coconut flakes reserve small amount for garnish
- 1 tsp. pure hazelnut extract or pure maple extract
- 1 tsp. pure maple syrup
- 2 tsp. pumpkin pie spice
- 1 pinch sea salt or Himalayan salt

## INSTRUCTIONS

1. Place dates in a medium bowl; cover with water. Let soak for 10 minutes. Drain. Set aside.
2. Place pecans in food processor; pulse until finely ground.
3. Add dates, pumpkin, coconut, extract, maple syrup, pumpkin pie spice, and salt; pulse until well mixed. Place in a medium bowl. Refrigerate, covered, for 30 minutes.
4. Using clean hands, roll into tablespoon-sized balls; roll in reserved coconut (if desired).
5. Store, refrigerated, in airtight container.

ENJOY!