

Healthy Energy Bites

2 cups of rolled oats
½ cup of ground flax seed
½ cup of maple syrup or honey
½ cup of raisins
5 large pitted dates
½ cup of applesauce
1 tsp of vanilla
½ cup of chocolate chips

Pulse raisins and dates in food processor several times. Place all ingredients in a stand mixer and blend. Blending works better if you add ½ cup of oats at a time. If mix is too dry add more applesauce. It should be kept at a consistency so a small ball can be formed. Place on a cookie sheet and chill for several hours to firm up.

This recipe can be altered using other ingredients to bind ie: nut butters, Pumpkin puree, coconut. Have fun with it!