



## Liss's Cookie Dough Energy Bites

### INGREDIENTS:

- 2 cups **Rolled Oats**
- ½ cup **Ground Flax Seed**
- ¼ tsp. **Sea Salt**
- 2 cups **Cashews**, raw & unsalted
- 1 can **Chickpeas**, rinsed & drained
- 16 **Dates**, pitted
- 3 T. **Coconut Oil**
- 3 T. **Honey**
- 3 tsp. **Vanilla Extract**
- **Mini Chocolate Chips, Dark Chocolate, to taste**



(Optional add-ins: unsweetened coconut flakes, pecans, seeds, peanut butter, almond butter, raisins, dried apples, cinnamon, cocoa powder, hemp seeds, )

### DIRECTIONS:

1. In a food processor, pulse the oats for a few seconds until fairly finely ground. Blend in the flax, salt, and cashews. Next add the chickpeas and dates. Pulse til dough starts coming together, then add coconut oil, honey, and vanilla. Gently pulse in the chocolate pieces or stir in by hand so as not to break them up too much.
2. Use a Tablespoon to scoop out dough and roll into balls in the palms of your hands. Enjoy as a nutritious snack, dessert, pre or post workout fuel, or part of a quick breakfast on the go. Keep refrigerated.

*For more information or personalized nutrition & holistic wellness consults please contact us:*

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