

Pumpkin energy bites

Serves: 20 | Preparation: 5 minutes | Total: 5 minutes

Difficulty: Easy



Ingredients

- 2 cups oats
- ½ cup peanut butter
- ½ cup pumpkin puree
- 2 tablespoons seeds of choice
- ¼ cup honey or maple syrup
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- ½ cup chocolate chips (optional)

Instructions

1. Mix together oats, peanut butter, pumpkin puree, seeds, honey or maple syrup, vanilla extract, cinnamon, and chocolate chips in a large bowl.
2. Once combined, using your hands or a spoon, roll mixture into your desired sized ball and place on a sheet.
3. Keep refrigerated until ready to eat.

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Adapted from blessthisismess.com