**Energy Bites**

**Ingredients**

1/12 block of dates

180 mL oats

60 mL nut or seed butter of choice (almond, natural peanut butter, sunflower)

15-30 mL cocoa powder

30 mL of: wheat germ **or** flax **or** chia **or** hemp hearts

10-15 mL honey **or** maple syrup **or** 25 ml date water

25 mL almonds **or** walnuts **or** hazelnuts

1. Place dates in a glass measure, cover with water and a small plate, microwave for 1 minute. Let sit 10 minutes.
2. Take dates out of water and pulse in a food processor. Add everything else and pulse until well mixed.
3. Form into balls. Freeze for 15 plus minutes.
4. Place in a labelled ziploc bag and you have the option to keep them in the freezer and eat when you need a snack.

* 1 cup old fashioned oats
* ½ cup almond butter
* ¼ cup ground flax seed
* 2 Tablespoons [superfood berry mix](http://amzn.to/1wOFXkD) or favorite dried fruit
* 3 medjool dates, pitted
* 1 Tablespoon maple syrup
* ½ teaspoon cinnamon