Turmeric Lemon Energy Bites

10 ingredients · 10 minutes · 8 servings

Directions

1. Remove the pits from the dates (if not pitted already) and soak them in hot water for several minutes. When the dates have softened, drain them, slice them in half and place them in a food processor. Retain the water and set aside.
2. Add all remaining ingredients to the food processor and blend until the mixture turns into a dough-like consistency. Add 1 tbsp. of the water that the dates were soaking in, if the mixture is too dry.
3. With a 1 tbsp. measure or small spoon, scoop the mixture and roll into balls (about 1 inch in diameter). Then, roll the balls in the shredded coconut and place into your freezer-safe storage container. I like to separate layers of the balls with a piece of parchment paper.
4. Store energy bites in an airtight container in the refrigerator until consumption. Or, store in an airtight container in the freezer for future enjoyment.

Notes

Serving Size
Each serving is 3 energy bites.

Nut-Free
Replace the raw almonds with raw sunflower seeds.

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Ingredients

12 Medjool Dates

1 cup Oats (organic, certified gluten-free, rolled)

1/2 cup Almonds (raw)

1 tbsp Chia Seeds

1/4 cup Lemon Juice (freshly juiced)

1 tsp Lemon Zest

1 tsp Vanilla Extract (alcohol-free)

1 tsp Turmeric (ground)

Black Pepper (sprinkling)

1/2 cup Unsweetened Shredded Coconut (for dusting)

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