

A Gut Feeling Vegan Energy Bites

INGREDIENTS

- 1 cup pitted dates, soaked and drained if dry
- 1½ tbsp coconut butter, softened in the microwave
- ½ cup rolled oats
- 1 tbsp unsweetened shredded coconut
- Additional coconut, ground flax, chia seeds and hemp seeds for rolling

INSTRUCTIONS

- Pulse dates in food processor until soft and broken down
- Add coconut butter, rolled oats and shredded coconut and process until everything comes together and forms a ball
- Use your hands to form the dough into smaller balls.
- Roll balls in desired toppings and store in an air tight container in the refrigerator or freezer, or eat right away
- If storing in freezer, allow 5 minutes to defrost a little before eating.

