

## PECAN PIE ENENERGY BITES – VEGAN & GLUTEN FREE

### Ingredients

- 2 cups dates, pitted
- 1½ cups pecans
- ½ cup rolled oats, gluten free certified
- 1 tsp cinnamon
- 2 Tbsp maple syrup

### Instructions

1. Place dates in food processor/blender and pulse on high for about 45 seconds, or until a date ball begins to form.
2. Add the pecans and process for another 1-2 minutes.
3. Add remaining ingredients, scraping down the sides, if necessary and process for another 1-2 minutes.
4. Using a small ice cream scoop or 1 Tbsp measuring spoon, roll the mix into balls with your hands. You should end up with 25 balls from this recipe. Alternatively, you could place the mix into a 9 x 9 pan lined with parchment and cut into squares. Rolling these into balls is way less work though!
5. Enjoy right away or pop into the fridge for 15-20 minutes to firm up.

