

Apricot Walnut Pepita Energy Bites

Ingredients

8oz (1 cup packed) chopped dates
½ cup honey or maple syrup
1 Tbsp chia seeds
1 Tbsp ground flax seeds
Pinch of salt
1 ½ cup old-fashioned oats (dry, not cooked)
½ cup walnuts
½ cup pepitas
1 cup dried apricots
1/3 cup dark chocolate chips (optional)

Directions

Combine dates, sweetener, chia, flax, and salt in a food processor. Pulse until smooth and combined. You should be able to stir the mixture, if it is too thick, add another tablespoon or two of honey.

Transfer to a large bowl. Stir in oats, walnuts, pepitas and dried apricots until evenly combined (it's an arm workout!).

Use a spoon or cookie scoop to shape the mix into a 1-2" balls. Alternately, you can line a small baking pan with parchment paper, press the mix evenly into the pan, refrigerate and cut into bars.

Store covered in the refrigerator for up to 2 weeks.