

Energy Bites



These energy bites, naturally sweetened with dates, are a total hit with our registered dietitians and nutritionists. Packed with fiber and healthy fats from seeds and nuts, they deliver a solid dose of long-lasting energy. Perfect as a snack for busy days or a pre-workout boost.

Want more ideas like this? Check out our [20 energizing pre-workout snack ideas!](#)

Preparation 10 min

Cooking 10 min

Servings 16 bites

Nutrition Facts (per serving)

Calories 90

Fat 5

Carbohydrates 11

Fibre 1

Protein 3

Sodium 20

Ingredients

- 20 small pitted dates
- 250 mL (1 cup) of water
- 65 mL (¼ cup) almonds, chopped

- 15 mL (1 tbsp.) sesame seeds
- 45 mL to 60 mL (3 to 4 tbsp.) of the date cooking water
- 15 mL (1 tbsp) natural peanut butter
- 5 mL (1 tsp.) cinnamon (optional)
- A pinch of salt
- 250 mL (1 cup) Rice Krispies
- 250 mL (1 cup) oats
- 65 mL (1/4 cup) mini sweet chocolate chips

Preparation

1. Boil the dates for about 10 minutes*. Let cool.
2. Put the cooked dates, almonds, pumpkin seeds, sesame seeds, cooking water, peanut butter, cinnamon and salt in a food processor and mix until all are reduced to a paste with small pieces.
3. Pour into a large bowl and add Rice Krispies, oatmeal and chocolate chips. Mix well.
4. Using a spoon and your hands, form 16 balls and keep in the fridge.

*Save the cooking water of the dates to cook your oatmeal the next day! It will add a sweet and delicious touch!



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