

*Recipe for:*

# HIDDEN SPINACH ENERGY BITES

## INGREDIENTS

- 3-4 cups spinach
- 2 tablespoons maple syrup
- 8 dates, pitted
- 1/2 cup sunflower seeds, unsalted
- 1 tablespoon chia
- 2 tablespoons cocoa powder, unsweetened
- 1/8 teaspoon salt
- 1/3 cup peanut butter
- 1 cup quick oats

## DIRECTIONS

1. Blend spinach, maple syrup, dates, sunflower seeds, chia, cocoa powder and salad in a food processor until puréed. You may need to pause blending to scrape down sides with a spatula.
2. Once mixture reaches desired consistency, transfer to a medium sized mixing bowl.
3. Add peanut butter and oats and stir until well combined.
4. Line a large food storage container with parchment paper. Using about 1 tablespoon sized portions, use hands to roll batter into balls and place in lined container. Wet hands slightly with water to avoid sticking. Batter will make 15-18 balls.
5. Chill in the fridge for about an hour, serve and enjoy!