

Pumpkin No-Bake Energy Bites

A great grab-and-go snack to have on hand and stock your freezer with. Full of healthy fats, fiber, and protein and all the flavors of Fall.



Ingredients:

8 oz (about 1 packed cup) chopped dates
1/4 cup honey
1/4 cup pumpkin puree
1 Tbsp flax seeds
1 tsp ground cinnamon
1/2 tsp ground ginger
1/4 tsp ground nutmeg
pinch of salt
1 cup dry old-fashioned oats
1 cup toasted coconut flakes
1 cup toasted pumpkin seeds

Directions:

1. Combine dates, honey, pumpkin puree, flax seeds, cinnamon, ginger, nutmeg, and salt in a food processor, and pulse until smooth and combined.
2. Transfer the mixture to a large bowl, and stir in the oats, coconut flakes, and pumpkin seeds until evenly combined. Cover and refrigerate for at least 30 minutes.
3. Once the mixture is cool, use a spoon or cookie scoop to shape it into your desired size of energy balls (approx 1-inch in diameter). Alternately, you can line a small baking pan with parchment paper, and press the mixture evenly into the pan, let it cool, and then cut into bars.
4. Store covered in the frig for up to 2 weeks. Storing them in the refrigerator especially helps the energy bites hold their shape. Enjoy!

Directions:

1. Heat oven to 300 degrees F.
2. Cut lid off pumpkin and scoop out seeds and strands. Place pumpkin on a baking tray. Meanwhile, heat the cream, milk, garlic, and most of the thyme, with plenty of seasoning. When hot, pour into the pumpkin and stir in 2 oz. of the Parmesan. Put on the lid.
3. Bake for 1½ hrs, take from the oven, then turn up the heat to 400 degrees F.
4. Remove the lid, sprinkle with pepper and the rest of the cheese, then bake for 15 minutes more until golden. Scatter over the remaining thyme leaves. Scoop the pumpkin flesh into bowls with the cheesy cream and serve with crusty bread as a starter.