

Pumpkin Bites

Dessert

Items Needed: Measuring Cups, Measuring Spoons, Mixing Bowl, Spoon or Spatula, Baking Sheet

Serves: 20

Ingredients:

- 1/3 cup honey
- 1/4 cup coconut oil
- 2 cups quick or rolled oats
- 1/4 tsp ground nutmeg
- 2 tsp ground cinnamon
- 1/4 tsp salt
- 1/4 cup ground flax seed
- 1/4 cup pumpkin seeds
- 1/2 cup chocolate chips
- 1 tbsp chia seeds
- 3/4 cup canned pumpkin
- 1 egg



Directions:

1. Preheat oven to 350 degrees.
2. Combine all ingredients together in a mixing bowl until well combined and evenly distributed throughout.
3. Scoop out 2 tbsp portions and roll into a ball.
4. Place pumpkin bites on a baking sheet and repeat for the remaining mix. These do not spread out or rise at all, so they can be placed relatively close together, just not touching.
5. Bake for approximately 15 minutes or until a little caramelization or browning has occurred on each of the bites.
6. Let cool and either keep in an airtight container for up to 1 week for freshness.

Nutrition Information (per 1 bite):

Calories: 96 Fat: 5 g Carbs: 9.6 g Protein: 1.9 g Fiber: 1.8 g Sodium: 4.5 mg

<https://wexnermedical.osu.edu/nutrition-services>

