



# Kids Get Cooking

## liveRight with ShopRite Kids Day

# Pumpkin Pie Energy Bites!

## **QUICK NO BAKE SNACK RECIPE**

*MAKES APPROX. 20 1-INCH SIZED BITES (TOTAL PREP TIME 10 MINUTES)*

### **INGREDIENTS:**

- 1 cup Oats
- ¼ cup Ground Flaxseeds (flax meal)
- 1 tablespoon Chia Seeds (optional)
- 1 ½ teaspoon cinnamon
- ¼ cup canned 100% pumpkin
- ¼ cup peanut butter (choose all natural)
- 3 tablespoons maple syrup
- 1 teaspoon pure vanilla extract



### **DIRECTIONS:**

1. Combine & stir all dry ingredients. Add in the rest of the ingredients and fold with spatula well until evenly coated.
  2. Place in refrigerator for 15 minutes (optional- helps to lessen sticking when rolling).
  3. Roll the mixture into (approximately) 1 inch size balls. Enjoy!
- \*\*\*Store the "balls" in an airtight container lined with wax paper.*
- \*\*\*Keep them in the freezer for up to a month- or refrigerator for 1 week.*

To Assemble "Turkey" you will need stick pretzels, sliver of carrot for nose, dried cranberry for "gobbler" & 2 googly eyes (melted white morsel with mini dark morsel), + peanut butter for sticking eyes on ball. Assemble as pictured



Recipe brought to you by Shana Griffin, Registered Dietitian