

# paleo energy bites

**MAKES 30 bite-sized treats**

RECIPE FROM: [The Nourishing Gourmet](#)

PREP TIME: 10 to 15 minutes

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20 Medjool dates, pitted and softened  
(steamed in a colander over a pot of water)

1 cup sunflower seeds

½ cup pumpkin seeds

½ cup shredded coconut

½ tsp ground cinnamon

¼ tsp sea salt

**Optional:** ½ cup raisins

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ADD softened dates to a food processor and process until macerated.

ADD sunflower seeds and pumpkin seeds and pulse until well chopped.

ADD coconut, cinnamon and sea salt and pulse to combine, scraping down sides as needed. If too sticky, add additional coconut one tablespoon at a time.

ADD raisins, if using, and pulse just enough to mix them in.

LINE a dish or baking sheet with parchment paper.

SCOOP out mixture and roll into bite-sized balls.

REFRIGERATE for 30 minutes to set.

STORE in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf life.

ENJOY 1-2 bites for a snack or sweet treat.