

# gingerbread energy bites

**Makes 2 dozen bites**

RECIPE ADAPTED FROM: [Jessica in the Kitchen](#)

PREP TIME: 10 minutes

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1 cup cashews, almonds or walnuts  
1 cup pitted dates  
1 cup rolled oats  
 $\frac{3}{4}$  tsp ground ginger  
 $\frac{1}{2}$  tsp ground cinnamon  
 $\frac{1}{4}$  tsp ground allspice  
pinch of sea salt  
1 tsp molasses (optional)

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## SUBSTITUTIONS

- If you don't have dates, you can use an equal amount of raisins or even dried figs.
- If you don't have allspice, you can substitute it with  $\frac{1}{8}$  tsp each ground cloves and nutmeg.

SOAK dates in hot water while you assemble the other ingredients. This will make them softer and easier to chop.

PLACE oats in a food processor and grind for about 1 minute until almost ground down.

DRAIN dates and place in food processor along with other ingredients.

PROCESS until the mixture begins to turn into a dough, about 1 more minute. It should be slightly sticky and very thick. If your dates are older, you may need to add a teaspoon or so of water to help the mixture come together.

ROLL mixture into small bite-sized balls.

STORE in a sealed container in the fridge for 1–2 weeks or the freezer for up to 3 months.

ENJOY 1–2 bites at a time.

