Recipe inspiration:

Similar to cookie dough, these Chickpea Energy Bites are soft and chewy with a sweet and nutty flavour!

Balanced Snacks on the go!

Try this twist on a familiar favourite.

These quick and easy energy bites are a perfect on-the-go snack! They are a great source of protein and fibre, which helps give you an energy boost and keeps you feeling satisfied between meals.

Give It A Try
Chickpea Energy Bites

12 Servings (3 energy bites per serving)

Ingredients:

- ½ cup dried cranberries (see note)
- ¼ cup mini chocolate chips (optional)
- 3 tbsp maple syrup
- 1 cup chickpeas, rinsed and drained
- 1¼ cups rolled oats
- ¾ cup peanut butter, or alternative nut/seed butter

Directions:

1. Add dried cranberries, chocolate chips and maple syrup to food processor and process until finely chopped.
2. Add chickpeas and process until smooth.
3. Add rolled oats and peanut butter. Continue blending until you get a dough-like consistency.
4. Roll into 1 tbsp balls. Refrigerate or freeze leftover energy bites in a sealed container.

Nutritional analysis per servings: 202 calories, 10 g fat, 7 g protein, 24 g carbohydrate (20 g available carbohydrate), 4 g fibre, 4 mg sodium

My Viva Servings: 2 grains, 1 protein, 1 fat

Note: Other dried fruits will work in this recipe as well. Raisins, dates or apricots will work best.

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