

# Chickpea Energy Bites

Give It  
A Try

These Chickpea Energy bites are packed full of protein and fibre to keep you feeling energized throughout your day. These portable snacks are perfect to pack in your kids' lunch box, as a mid-day work snack or after a workout!



## Nutritional Analysis per serving:

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 and starch, 1 protein



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# Chickpea Energy Bites



Makes 12 servings (3 energy bites per serving)



## Ingredients:

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

## Method:

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

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

**Did You Know?** Chickpeas are one of the best sources of folate (vitamin B9), which is a vitamin that helps promote red blood cell formation.

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