Cranberry Orange Energy Bites

Yields: 36 Bites

Nutritional Information (per serving):
Calories 60.4, Fat 3.7g, Carbohydrates 6.8g, Protein 1g

Ingredients
- 1 ½ cups old-fashioned oats
- 1 cup dried cranberries
- 1 ½ cups pecan halves
- ⅛ teaspoon cinnamon
- 1 tablespoon white chia seeds
- 2 tablespoons flax meal
- 1 tablespoon molasses
- 1 tablespoon raw honey
- 2 tablespoons orange juice

Directions
1. Grind oats in food processor. Dump into a large bowl. Grind cranberries and pecan halves until finely chopped. Dump into same large bowl.

2. Add cinnamon, chia seeds and flax meal to large bowl. Give it a light stir, and transfer back to food processor. Pulse a few times to mix ingredients.

3. With the food processor running, slowly add molasses, then honey, through the food chute. Ingredients will begin to form a “dough”. Following the same process, slowly drizzle in orange juice until ingredients form a ball of “dough”.

4. Transfer “dough” into the large bowl. Roll into 1 inch bites and place on a small cookie sheet. Transfer to freezer for 10 minutes.

Recipe Source: https://recipes.sparkpeople.com/recipe-detail.asp?recipe=2809152
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