

Fig cookie protein bites

Ingredients

- ¾ cup pitted dates
- 1 cup dried figs
- 1/3 cup cashews
- ¼ cup vegan protein powder (unflavored or vanilla)
- 1 tsp. vanilla extract
- ½ tsp. ground cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. salt
- 2 tbsp. chia seeds
- ¼ cup oats



Directions

- 1) Soak the dates and dried figs in warm water for 5-10 minutes to soften.
- 2) In a food processor, puree all ingredients until fairly smooth. It should all come together into a dough-like ball (as if you're making cookies!). It will be a little sticky, but you should be able to easily roll it into balls. If it's too moist, blend in more oats, one tablespoon at a time, until the correct consistency is reached. If it's too dry, add in a bit of water, one tablespoon at a time. You shouldn't need much!
- 3) Form the dough into little balls (any size that you like) and refrigerate until ready to eat. You can eat them right away if you want, but they'll be a bit firmer if you refrigerate them first.