

Turkish-style tahini-date energy bites

Makes about 15 energy bites

Ingredients

- 1 tbsp. chia seeds
- 3 tbsp. water
- ½ cup dried apricots
- 1 cup pitted dates
- 1 tbsp. pomegranate molasses (regular molasses if you can't find any)
- ¼ cup tahini
- 1.25 cups oats
- ¼ tsp. ground cardamom
- ½ tsp. ground cinnamon
- ¼ tsp. salt
- ¼ cup unsweetened shredded coconut



Directions

- 1) In a small bowl, whisk together chia seeds and water. Let sit for 5-10 minutes, or until thick and gelatinous. (This is called a “chia egg” and it serves as a binder in this recipe)
- 2) In food processor, combine chia egg with remaining ingredients until a paste-like consistency is attained. It should all come together into a big ball, as if you're making cookie dough.
- 3) Use an ice cream scoop to form energy bites into two-bite-sized balls (you can make them smaller or larger if you like). Place on small baking sheet or plate lined with parchment or wax paper. If the dough is too sticky, try dipping your ice cream scoop or hands in warm water first.
- 4) Refrigerate for at least 15 minutes (or until slightly more firm) and enjoy! (Continue to store them in the fridge for best texture/shelf life)