

Pumpkin Pie Energy Bites

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Recipe type: Healthy Snack Prep time: 10 mins Total time: 10 mins Serves: 8

Pumpkin Pie Energy Bites are the perfect healthy snack idea.

Ingredients

- 1 cup canned pumpkin
- 1½ cups old fashioned oats
- ½ cup flax seed
- ½ cup almonds
- ¼ cup dried plums
- 1 tablespoon honey
- 1 teaspoon pumpkin pie spice

Instructions

1. In a food process combine all the ingredients and process until a paste is formed.
2. Using a melon baller or cookie scooper form balls and place on parchment paper and refrigerate for 2-3 hours.
3. To store the energy bites place them into a Tupperware and keep them in the refrigerator.

Recipe by The Melrose Family at <http://thenymelrosefamily.com/2014/09/pumpkin-pie-energy-bites.html>

5 Pro Chip Tips

1. Use a mandoline—a cooking utensil that can pump out uniform, thin slices—or a chef's knife to cut slices $\frac{1}{8}$ to $\frac{1}{4}$ an inch thick. It's important to use thin slices to get just the right crisp.
2. When placing the chips on a baking sheet, line the sheet with parchment paper and lay the chips in a single layer. If the chips overlap, the edges won't cook evenly.
3. For even cooking, rotate the pan halfway through and flip the chips.
4. For small batches, pop the chip subs in a toaster oven.
5. Store leftovers in an airtight container, though most of these won't stay at their peak crunchiness for long (more reason to eat 'em right up).

Apple

We don't need to tell you apples are healthy. (What's that old saying again? Something about a doctor?) Make them extra autumnal by sprinkling the slices with pumpkin pie spice, or your own mix of cinnamon, ginger, nutmeg, and allspice. We also like Bare Snack's baked chips. They're organic with no added sugar, preservatives, or additives, and a single serving has fewer than 30 calories.

Directions

- Preheat oven to 200 degrees.
- Bake for 30 minutes, flip, and cook for another 30 minutes.