

## Mom's Energy Bites

8 dates pitted  
½ cup pecans  
½ cup ground flaxseed  
2 Tbsp. collagen peptides  
½ cup sunflower seeds  
½ cup dried cranberries or raisins  
2 Tbsp. Stevia  
2 Tbsp. maple syrup  
1 tsp. almond extract  
1 tsp. coconut extract  
Pinch salt  
⅓ cup melted coconut oil

Preheat the oven to 350 degrees. Lightly spray a mini muffin tin pan with cooking spray. Place all ingredients in a food processor and process until mixed together. It won't be completely smooth and will have some small chunks in it. Fill muffin tins  $\frac{3}{4}$  full. Bake for 15-17 minutes (oven times will vary) until lightly golden brown. Cool completely before removing from the pan. These are delicious eaten right away or frozen and saved for later. Please refrigerate for maximum freshness and taste. Enjoy!