



## Sun-Maid® Pure Milk Chocolate Raisins Easy No Bake Energy Bites

- ½ Cup Sunmaid Chocolate Raisins
- ½ Cup Roasted and Mashed Butternut Squash
- 6 Medjool Dates (pitted)
- 2 Heaping Teaspoons Raw Cashews
- ¼ Cup Pumpkin Seeds (or sunflower seeds)
- 1 Cup Rolled Oats
- ¼ Cup Chia Seeds
- ½ Cup Unsweetened Coconut Flakes
- ¼ Teaspoon Cinnamon
- ¼ Teaspoon Nutmeg
- ¼ Teaspoon Ginger



Pulse Sun-Maid® Chocolate Raisins in food processor until chopped (6-7 pulses)

Add the roasted squash, dates, and cashews and process until it turns into a thick paste.

Transfer the paste mixture into a mixing bowl and add the pumpkin/sunflower seeds, rolled oats, chia seeds, coconut flakes, cinnamon, nutmeg and ginger.

Mix well with hands and then chill in refrigerator uncovered for about 30 minutes before hand rolling into balls

Store in an airtight container in the refrigerator for up to two weeks.

Recipe: Pamela Butkowski from Grapevine, TX