

# Seed Rolled Energy Bites

**Serves:** Makes 24 bites | **Cook Time:** 15 minutes | **Difficulty:** Easy

## Equipment Needed:

- 12-inch Dutch oven
- Large mixing bowl
- Small scoop or spoon
- Parchment paper

## Ingredients:

| Ingredient        | Amount         | Notes                   |
|-------------------|----------------|-------------------------|
| Dates             | 2 cups, pitted | Medjool preferred, soft |
| Almonds           | 1 cup          | Raw or roasted          |
| Walnuts           | 1/2 cup        | Raw pieces              |
| Sunflower seeds   | 1/4 cup        | Hulled                  |
| Dried cranberries | 1/2 cup        | No sugar added          |
| Coconut flakes    | 1/4 cup        | Unsweetened             |
| Chia seeds        | 2 tbsp         | For nutrition boost     |
| Vanilla extract   | 1 tsp          | Pure vanilla            |
| Cinnamon          | 1/2 tsp        | Ground                  |
| Salt              | 1/4 tsp        | Fine sea salt           |

## Complete Cooking Steps:

### Step 1: Set up and Toast Nuts

Set up 16 coals, with 4 on top and 12 on bottom, to achieve a temperature of 325°F.

Add almonds, walnuts, and sunflower seeds to the Dutch oven and toast 5-7 minutes, stirring every 2 minutes until lightly golden and fragrant.

### Step 2: Prepare Dates

If dates are hard, soak in warm water for 5 minutes to soften, then drain well.

Check dates for pits and remove any remaining pieces. Dates should be soft and sticky for proper binding.

### Step 3: Process Mixture

In a large bowl, roughly chop the toasted nuts, if needed, for easier mixing.

Add dates, dried cranberries, coconut flakes, chia seeds, vanilla, cinnamon, and salt. Mix well with your hands, mashing dates to help bind everything together.

### Step 4: Form Energy Bites

Using your hands or a small scoop, form the mixture into 24 balls, each about 1 inch in diameter.

If the mixture is too dry, add 1-2 teaspoons of water. If the mixture is too wet, add more coconut flakes.

### Step 5: Set and Store

Place formed balls on parchment paper and let them set for 10-15 minutes to firm up.

Store in an airtight container for up to 1 week. Keep cool in camping conditions.

## Serving Suggestions:

- Perfect portable camping snacks
- Great for hiking, energy boost
- Kids love these healthy treats
- Natural alternative to candy bars