

Recipe Name: Date, Nuts And Quinoa Energy Bite Recipe
Diet Type:
Course: Snack
Cuisine: Continental
Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 1 cup Cashew nuts	6
• 1 cup Raw Peanuts (Moongphali)	
• 1 cup Quinoa	
• 1 cup Instant Oats (Oatmeal)	
• 2 cups Dates - (about 20 dates)	
• 1/2 cup Honey	
• 1 cup Dessicated Coconut	
• 1/2 cup Cocoa Powder - (you can use semi sweet cocoa also)	
• 1 teaspoon Ghee - at room temperature	

Preparation

- To prepare Date, Nuts And Quinoa Energy Bite Recipe, dry roast the cashews, peanuts, quinoa and oats in a kadai.
- you can also microwave them for about 2 minutes on high.
- Set aside to cool.
- Pulse the mixture in a processor, into crunchy bits.
- Set aside.
- Pulse the dates and coconut in a processor until they form a crumbly dough.
- Add in the nuts mixture.
- Pulse to form a dough.
- Finally add honey, cocoa powder and ghee.
- Pulse until they all come together to form a dough.
- Line and grease a wax sheet lined baking pan.
- Press the dough flat and cut into square of desired size.



- Refrigerate for an hour.
- Store Date, Nuts And Quinoa Energy Bite Recipe in an airtight container at room temperature for about 10 days.
- It will stay longer or in the fridge.
- Enjoy!.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
200	5	30	8	4	12

