



# BLUEBERRY MUFFIN ENERGY BITES SNACK

Yield: 3 Servings

## Ingredients

### Blueberry Muffin Energy Bites

- ¼ cup
- ¼ cup
- ¼ cup
- 2 ½ tablespoons
- ¼ teaspoon
- ¼ teaspoon
- Pitted Dates
- Silvered Almonds
- Whole Cashews, salted
- Dried Blueberries
- Vanilla Extract
- Lemon Juice
- Water, as needed

### Blueberry Muffin Energy Bites Bento Box

- 6
- ¾ cup
- 1 ½ cups
- Blueberry Muffin Energy Bites
- Cottage Cheese
- Diced Pineapple

## Procedures

### Blueberry Muffin Energy Bites

1. If dates are hard and dry, soak them in warm water for 15 minutes. Drain well prior to use.
2. Add the energy bite ingredients into a food processor and blend until combined. If dough does not hold, add water as needed until dough is semi sticky and holds shape.
3. Once mixture is combined, portion dough into balls that are 2 tablespoons in size.
4. Energy bites can be placed into a sealed storage container and stored in the refrigerator for 1-2 weeks or the freezer for up to 3 months.

### Blueberry Muffin Energy Bites Snack

1. Enjoy ¼ cup of cottage cheese and ½ cup diced pineapple alongside 2 blueberry muffin energy bites.

## Nutrition Facts

Serving size 6.13 oz. (174 g)

Amount per serving  
**Calories 270**

% Daily Value\*

**Total Fat** 12g 15%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol** 13mg 4%

**Sodium** 212mg 10%

**Total Carbohydrate** 34g 10%

Dietary Fiber 4g 15%

Total Sugars 25g

Includes 5g Added Sugars 10%

**Protein** 11g

Vitamin D 0mcg 0%

Calcium 114mg 8%

Iron 1mg 6%

Potassium 347mg 8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.