



Lentil Energy Bites

Recipe from lentils.org



Ingredients



- 1/2 cup dry oats
 - 1/2 cup cooked split red lentils
 - 2 Tbsp reduced fat peanut butter
 - 1 1/2 Tbsp chocolate chips
 - 2 Tbsp. honey
 - 1/2 tsp vanilla
 - 1/4 cup coconut flakes (optional)
- Yield: 8 servings
Serving Size: 1 bite



Directions



1. Combine all ingredients in a mixing bowl. Mix until well blended and the mixture reaches a moldable consistency.
 2. Roll into eight bite sized balls. Roll in coconut if desired. Place onto a parchment lined plate. Chill in refrigerator for at least 15 minutes prior to serving.
- To prepare 1/2 cup cooked split red lentils: Combine 1/4 cup split red lentils with 3/4 cup water. Bring to a boil, cover, reduce heat and simmer for 5-7 minutes until lentils are tender. Drain any excess liquid and let cool.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



This Recipe Provides



Cooking Tips

- Any type of nut butter can be used.
- Agave can be substituted for honey.
- Try adding a mashed banana!

Nutrition Facts

8 servings per container	
Serving size	1 bite
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2.3g	12%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 4g Added Sugars	8%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.62mg	8%
Potassium 188mg	4%

*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.

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