Energy Bites

**Ingredients**
- 2 cups rolled oats (better if toasted)
- 5 Medjool dates = ½ cup chopped
- ½ cup smooth peanut butter
- ½ cup pumpkin seeds, toasted
- 3 Tbsp maple syrup
- ¼ cup cocoa powder for rolling

**Equipment List**
- Parchment paper
- Sheet pan
- Mixing bowl

**Instructions**
Mix all ingredients together until combined
Roll into 1-inch bites
Store in refrigerator or freezer

**Alternative butters:**
- Peanut
- Almond
- Tahini
- Sunflower seed butter

**Toppings:**
- Chopped dates
- Nuts
- Seeds
- Dried fruit
- Coconut
- Chocolate chips