



Pumpkin Chocolate Chip Energy Cookies

20
minutes
or less

INGREDIENTS

1 cup Medjool dates, pitted
1 ½ cups Hy-Vee quick
oats
½ cup Full Circle Market
canned organic pure
puréed pumpkin
½ cup Hy-Vee whole
natural almonds
2 tbsp Hy-Vee Select 100%
pure maple syrup
½ tsp Hy-Vee ground
nutmeg
¾ cup Hy-Vee milk
chocolate baking chips

PREPARATION

- 1** Line a baking sheet with parchment paper; set aside.
- 2** Place dates, oats, pumpkin, almonds, maple syrup, and ground nutmeg in a food processor. Cover and process until combined. Stir in baking chips. Roll mixture into 18 (1-inch) balls. Place on prepared baking sheet; flatten each ball.
- 3** Store in a tightly covered container in the refrigerator up to 5 days.

NUTRITION FACTS

Calories: 120
Total Fat: 4g
Saturated Fat: 1.5g
Trans Fat: 0g
Cholesterol: 0mg

Sodium: 5mg
Carbohydrates: 19g
Fiber: 2g
Sugar: 12g
Protein: 2g