Walnut Blueberry Oatmeal Energy Bites

Nutrition Facts

Serving Size 1 cookie (26g)
Servings Per Container 24

Amount Per Serving	
Calories 130	Calories from Fat 70
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 80mg	**3%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 2g	**8%**
Sugars 5g	
Protein 2g	

Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

1 cup chopped walnuts, lightly toasted
1 cup flour (preferably whole wheat)
1 cup oats
½ cup unsweetened coconut
1/3 cup maple sugar
1 teaspoon ground cinnamon
1/8 teaspoon ground cardamom
¼ teaspoon salt
½ cup dried blueberries
¼ cup maple syrup
3 tablespoons olive oil
2 tablespoons butter
1 teaspoon baking soda
2 tablespoons boiling water

Directions:

1. Preheat oven to 350°F. Cover cookie sheets with parchment paper.
2. In a large mixing bowl, combine the walnuts, flour, oatmeal, coconut, maple sugar, cinnamon, cardamom and salt. Stir with a fork or whisk until completely mixed. Add the blueberries and stir to combine.
3. Combine the maple syrup, olive oil and butter in a small saucepan. Place over medium heat and stir until the butter melts. In a small bowl, add the baking soda to boiling water and stir to dissolve. Add to the syrup mixture and stir to blend. It will become very bubbly. Pour into dry ingredients and stir vigorously to combine.
4. Using a tablespoon and your hands, scoop up pieces of dough and press them into walnut-sized balls. Place about 2 inches apart on the prepared cookie sheets. Flatten each ball slightly into a puck shape.
5. Bake 10-12 minutes, until the cookies have spread slightly and are golden brown around the edges. Cook 5 minutes on the pan. Transfer cookies to a rack to cool completely. Store in an airtight container.

Makes 2 dozen cookies.

Source: Walnuts.org/RD