

CHOCOLATE PUMPKIN SPICE BITES

INGREDIENTS

1 cup almond/ nut butter

2 tbsp pumpkin puree

1 tbsp pumpkin pie spice
dash of vanilla

2-3 tbsp coconut flour

1/2-1 tsp stevia to taste
sea salt

Chocolate shell
1/2 cup chocolate chip
+ 1 tbsp coconut oil

PROCEDURE

Mix nut butter, pumpkin, sweetener, and vanilla together in a medium bowl.

Add in flour, pumpkin spice, and sea salt.

Mix until well combined, and a thick batter remains. If the batter is too thin, add the other tbsp of coconut flour.

Line a plate with parchment paper. Roll into balls and refrigerate for 10 minutes.

Melt chocolate for chocolate coating with coconut oil.

Dip balls into chocolate or pour chocolate over and place back on parchment paper.

Place in fridge / freezer to harden.

NATURAL HEALTH

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