



Energy bites



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 100 g pecan
- ☐ 75 g raisin
- ☐ 1 tbsp ground flaxseed (or a mix- we used milled flaxseed, almond, Brazil nut and walnut mix)
- ☐ 1 tbsp cocoa powder
- ☐ 1 tbsp agave syrup
- ☐ 50 g desiccated coconut
- ☐ 2 tbsp peanut butter

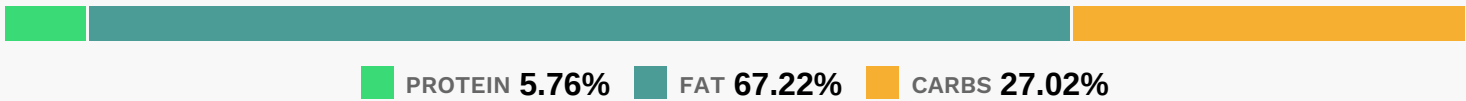
Equipment

☐ food processor

Directions

- ☐ Put pecans in a food processor and blitz to crumbs.
- ☐ Add raisins, peanut butter, flaxseeds, cocoa powder and agave syrup, then pulse to combine.
- ☐ Shape mixture into golf ball-sized balls and roll in desiccated coconut to coat. Put in the fridge to firm for 20 mins, then eat whenever you need a quick energy boost.

Nutrition Facts



Properties

Glycemic Index:16.23, Glycemic Load:4.41, Inflammation Score:-2, Nutrition Score:6.1743478729673%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 193.6kcal (9.68%), Fat: 15.6g (24%), Saturated Fat: 4.86g (30.35%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 10.57g (3.84%), Sugar: 3.19g (3.54%), Cholesterol: 0mg (0%), Sodium: 22.61mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Manganese: 0.87mg (43.27%), Fiber: 3.54g (14.17%), Copper: 0.28mg (14.07%), Magnesium: 37.15mg (9.29%), Vitamin B1: 0.12mg (8.02%), Phosphorus: 78.69mg (7.87%), Zinc: 0.89mg (5.96%), Potassium: 202.57mg (5.79%), Iron: 0.98mg (5.46%), Vitamin B6: 0.09mg (4.57%), Vitamin B3: 0.88mg (4.4%), Vitamin E: 0.6mg (3.97%), Vitamin B2: 0.05mg (3.21%), Selenium: 2.21µg (3.16%), Folate: 8.8µg (2.2%), Vitamin B5: 0.21mg (2.15%), Calcium: 18.08mg (1.81%), Vitamin C: 1.19mg (1.44%), Vitamin K: 1.11µg (1.06%)