



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Pumpkin Peanut Butter Chocolate Chip Energy Bites

Makes 20-24 energy bites

Ingredients:

1 cup rolled oats
¾ cup natural peanut butter
⅓ cup unsweetened coconut flakes
⅓ cup chopped walnuts
2 TBSP ground flaxseed
2 TBSP chia seeds
¼ cup honey (local, unfiltered) or maple syrup
½ tsp pumpkin pie spice
1 tsp vanilla extract
¼ cup mini chocolate chips
Optional: 1-2 scoops protein powder



Directions:

1. In a large bowl, mix ingredients together. If too dry, add more honey/maple syrup. If too wet, add more oats.
2. Roll into balls of whatever size you prefer and place on parchment paper.
3. Refrigerate 20 minutes, then store in airtight container (in fridge or freezer).

Nutrition Tips:

1. Consider adding 1-2 scoops of protein powder for an additional protein boost.
2. These energy bites have a great combination of protein, fiber, fat, and carbohydrates which together make a perfectly balanced snack. Batch prepare these bites and freeze for future consumption!
3. Oats are a whole grain and an excellent source of soluble fiber. In fact, oatmeal has the largest amount of soluble fiber per serving and has been shown in studies to help lower LDL cholesterol almost 10% if eaten daily.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.