

# Superhero Spice Bites

Servings: 48 little yums... aprx 95 cal each      Preparation time: 20

Cooking time: 25min

Rating: Mouth-watering (5/5)      Difficulty: Foolproof (1/5)

Source: Run fast, Cook fast, Eat slow

Annotation: Gradually evolved by RiKKE



## Ingredients:

~The Dry Stuff~

2 cups almond meal

1 cup old-fashioned rolled oats

½ cup hemp seed ground

2 tablespoons chia seeds

2 tablespoons flax seeds

½ cup monk fruit sweetener

1 teaspoon each: ginger, all spice, cinnamon, cloves, nutmeg (or what ever spice mix you feel like)

1 teaspoon baking soda

½ teaspoon salt

1 cup walnuts, broken

¾ cup unsweetened chocolate chips

1 cup coconut flakes (shredded)

~The Wet Stuff~

4 eggs

1½ cups pumpkin puree, =small regular can

6 tablespoon coconut oil with non-dairy butter flavor (or butter/ghee) melt and mix in other wet stuff.

3 tablespoons vanilla extract

~The Fold-In... Stuff~

• 1 cup blueberries (freeze for 1 hour before folding in at the end)

## Preparation:

1. preheat to 350 F

2. mix dry stuff

3. whisk wet stuff

4. add wet to dry and mix well

5. fold in blueberries

6. scoop into 48 mini muffin cups - I put it in a zip lock/plastic bag, cut 1inch hole and squeeze into 24 silicone mini muffin pan. x2... or if you have a 48 mini muffin pan you just saved some serious time for being a super-hero.

7. bake aprx 25 min

My shopping list for the 'non staple' items:

Organic Shelled Hemp Seeds (Kirkland)

Organic Black Chia Seeds (Nutiva)

Monkfruit Sweetener (Lacanta)<- Amazon

Butter Flavored Coconut Oil (Barlean's)<- Amazon

Organic Brown Flaxseed (365)

Organic Unsweetened Coconut Flakes (Fiesta Tropicale)<- Amazon

Organic Unsweetened 100% Cacao Dark Chocolate Chips (Pascha) <- Amazon