



Bubbie's ~ DAILY ~ HERBAL TREAT

NOURISHING TREATS MADE WITH GOD'S GOODNESS



Bubbie's Coconut Date Energy Bites

No-bake bites made with wholesome oats, naturally sweet dates, coconut, nut butter and a touch of cocoa.

A little bite of goodness to fuel your day!

MADE WITH
Real Food
Herbs
Love &
Purpose

Made
with
Love

HERBAL HIGHLIGHT

Coconut



Coconut provides healthy fats called medium-chain triglycerides (MCTs), which may support steady energy and brain function. It also contains fiber and coconut polyphenols that have antioxidant properties.

GOD'S
HERBS
for
OUR
HEALTH



Bubbie's Tip

Keep a batch in the fridge for a quick grab-and-go snack. They're perfect before a busy day, after school, or anytime you need a little natural boost!

BIBLE VERSE

*"I can do all this
through him who
gives me strength."*

PHILIPPIANS 4:13 (NIV)



INGREDIENTS

- 1½ cups old-fashioned oats
- ¾ cup pitted dates, finely chopped
- ½ cup natural nut butter (peanut or almond)
- ¼ cup unsweetened shredded coconut (plus more for rolling)
- 2 Tbsp ground flaxseed
- 2 Tbsp chia seeds
- 2 Tbsp honey or maple syrup
- 1 tsp vanilla extract
- 2 Tbsp unsweetened cocoa powder
- ½ tsp ground cinnamon
- Pinch of sea salt
- ¼ cup mini dark chocolate chips (optional)

DIRECTIONS

- 1 In a large bowl, combine oats, dates, nut butter, coconut, flaxseed, chia seeds, honey, vanilla, cocoa powder, cinnamon and salt.
- 2 Stir well until everything is evenly mixed. If mixture feels too dry, add 1–2 tsp of water.
- 3 Fold in mini chocolate chips, if using.
- 4 Scoop about 1 tablespoon of mixture and roll into balls.
- 5 Roll bites in additional shredded coconut, if desired.
- 6 Place on a tray lined with parchment paper and refrigerate for at least 30 minutes.
- 7 Store in an airtight container in the refrigerator for up to 1 week.

HEALTH BENEFITS



OATS – High in fiber (beta-glucan) to support heart health and help keep you feeling full longer.



DATES – Natural source of potassium, fiber and antioxidants for energy and digestive health.



COCONUT – Provides healthy fats (MCTs) for sustained energy and supports brain function.



FLAXSEED & CHIA – Great source of omega-3s, fiber and plant protein to support heart and overall wellness.

Herbal Goodness for the Body, Mind & Spirit



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