

### Ingredients

Preparation Time: 20 min  
Serving Size: 12 bites  
Cost: \$

- 1 cup pitted dates (soak in water and drain before using)
- ½ cup walnuts (or pecans)
- ⅓ cup pumpkin (canned)
- 1 cup oats
- ¼ cup unsweetened shredded coconut
- 2 tsp. vanilla
- 1 tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. cloves
- Pinch sea salt
- 1 scoop vanilla protein powder (optional)

#### Toppings (optional)

- Unsweetened coconut
- Shaved dark chocolate

### Directions

1. **Place** walnuts and oats in food processor (or high powered blender) and pulse until finely ground.
2. **Add** remaining ingredients. **Pulse** until combined.
3. **Place** in fridge for 30 min to chill.
4. **Form** small balls and store in airtight container in fridge.
5. **Roll** in coconut or shaved dark chocolate (optional).

*\*Recipe Adapted from: Rebecca Bohl in Dessert*



#### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Pumpkin Bites (w/o protein powder or toppings)	
Amount	1 bite
Calories	110
Fat (g)	5
Sat. Fat (g)	1.5
Carb. (g)	16
Fiber (g)	3
Protein (g)	2
Allergen info: Vegan	

#### USOC Sport Nutrition Team:

Shawn Hueglin, PhD, RD, CSSD  
[shawn.hueglin@usoc.org](mailto:shawn.hueglin@usoc.org)  
Liz Broad, PhD, AdvSpDiet  
[elizabeth.broad@usoc.org](mailto:elizabeth.broad@usoc.org)  
Alicia Kendig, MS, RD, CSSD  
[alicia.kendig@usoc.org](mailto:alicia.kendig@usoc.org)  
Susie Parker-Simmons, MS  
[susie.parkersimmons@usoc.org](mailto:susie.parkersimmons@usoc.org)  
Jennifer Gibson, MS, RD, CSSD  
[jennifer.gibson@usoc.org](mailto:jennifer.gibson@usoc.org)

Jacque Scaramella, MS, RD- author



#### Preparation Tips

- To save time, make bars instead of bites by pressing mixture into an 8" x 8" pan lined with wax paper. Drizzle a ½ cup of melted chocolate chips (mixed with 3 Tbsp. of almond milk) for a sweet dessert bar.
- Can be made gluten free if you choose gluten free oats.
- Try rolling in shredded coconut or shaved dark chocolate and serve as dessert.

#### Performance Facts

- Consume 1-2 bites a couple hours before exercise as a source of energy to help fuel training.
- Try post exercise as part of a recovery snack to replenish energy. Add a glass of milk to make a carb and pro recovery snack.
- The bites are rich in vitamin A and Omega 3s, which help promote eye health and fight inflammation.