

# No Bake Bites

## 1. Dates bites

### Ingredients -

- Roasted and powdered oats groats plus roasted poha powder - 1 cup
- Sattu -1 tbsp (roasted)
- Dates - ½ cup
- Peanut butter - ½ cup (homemade)
- Walnuts - 2 to 3 tbsp
- Almonds - 2 to 3 tbsp
- Watermelon seeds - 2 tbsp
- Chia seeds - 1 tbsp
- Cold pressed coconut oil - 2 tsp
- Cacao powder - 1 tbsp
- Cacao nibs - 1 tbsp
- Himalayan pink salt - 1tsp

## 3 Coconut bites

### Ingredients -

- Roasted and powdered oats plus roasted poha - 1 cup
- Jaggery - ¼ cup
- Shredded coconut - ½ cup
- Cold pressed coconut oil - 2 tbsp
- Almonds - 3 tbsp
- Sunflower seeds - 3 tbsp
- Amla dried - ¼ cup
- Pistachios - 3 tbsp

### Method : (common for all types):

1. Roast oats and poha in a tawa and powder them in a high-speed blender or food processor.
2. Blend or process on high until oats is finely ground.
3. Now, add the remaining ingredients.
4. Roll into mini balls.
5. Store in airtight containers.
6. Enjoy and relish these dainty snack bites with all the goodness and nutrition.

## 2. Cinnamon bites

### Ingredients -

- Roasted and powdered oats plus roasted poha powder - 1 cup
- Dates - ½ cup
- Peanut butter/Almond butter- ½ cup
- Walnuts - 3 tbsp
- Raisins - 3 tbsp
- Sunflower seeds - 2 tbsp
- Watermelon seeds - 2 tbsp
- Flax seeds - 2 tbsp
- Raw honey - 2 to 3 tbsp
- Sri Lankan cinnamon powder - 1/2 tbsp
- Few drops of coconut oil to bind

