

Chocolate Pumpkin Energy Bars

6 SERVINGS 45 MINUTES



INGREDIENTS

1/3 cup Pumpkin Seed Butter (melted)
3 tbsps Maple Syrup
1/2 tsp Ground Ginger
1/2 tsp Cinnamon
1 1/2 cups Rice Puffs Cereal
1/2 cup Pumpkin Seeds
1 oz Dark Chocolate (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	208	Carbs	16g
Fat	14g	Protein	6g

DIRECTIONS

- 01 In a mixing bowl, whisk together the pumpkin seed butter, maple syrup, ginger, and cinnamon. Gently fold in the rice puffs cereal and pumpkin seeds.
- 02 Transfer and spread the mixture across a parchment-lined container or baking dish. Place another layer of parchment paper on top and firmly press into an even packed layer. (Note: If not compact enough, the bars may come out crumbly.)
- 03 In the microwave, heat the dark chocolate in a small bowl for 30 seconds at a time, until melted. Drizzle ovetop with a small spoon.
- 04 Freeze for about 30 minutes and slice into bars. Enjoy!