

# Ultimate Coffee Energy Bites

Prep Time 10 mins  
 Total Time 10 mins

Meal Type Breakfast, Snack, Side  
 Contributed By  PURITY COFFEE®  
 Source [ORDER HERE: Use code MEALPLAN10 for 10% off](#)

Servings 12



## Ingredients

- 1 1/2 cup pecans, raw
- 4 medjool dates, *pitted*
- 1 Tbs chia seeds
- 1 tsp Purity coffee beans, ground
- 1 tsp cocoa powder
- 2 Tbs coconut oil, *unsweetened*
- 1 tsp vanilla extract
- salt to taste

## Directions

### Make

1. Add pecans to food processor and pulse until finely ground.
2. Add rest of ingredients and process until combined.
3. Roll into 12 bites [serving size = 1 bite].
4. Refrigerate until firm then dust with cocoa powder if desired.

## Notes

**Disclosure:** Living Plate has partnered with Purity to feature their products in this meal plan.

TO MAXIMIZE FLAVOR AND HEALTH BENEFITS, VIEW BREWING GUIDE [HERE](#).

At [Purity](#), we've brought together prominent coffee industry professionals, scientists, cuppers, and medical practitioners to help us base every decision on maximizing the health benefits of already high-quality coffees. Our areas of expertise may differ, but we all have a singular mission: to evaluate options and choose the healthiest processes for Purity Coffee, from the science to practices – piecing together critical research findings, experimenting with processes, and testing results.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	<b>Calories</b> <b>135</b> per serving	<b>Total Fat</b> 11.6g	17%	<b>Total Carbohydrates</b> 8g	
	Saturated Fat 2.8g	14%	Dietary Fiber 2g	8%	
	Trans Fat 0.0g		Total Sugars 6g		
	<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 2g		
	<b>Sodium</b> 1mg	0%			
	Vitamin D 0mcg 0% · Calcium 22mg 2% · Iron 1mg 2% · Potassium 121mg 2%				

- Show all nutrients -