



Mindful Nutrition Coach™  
NUTRITION BEYOND THE PLATE

## Zesty Lemon Energy Bites

### Ingredients

- 1 ½ cups organic Medjool dates, pitted (20–24 dates)
- ⅔ cup raw almonds
- ⅔ cup raw cashews
- 4 tablespoons fresh lemon juice (¼ cup)
- 1 teaspoon vanilla extract
- 1 teaspoon lemon zest (optional)
- 4 tablespoons hemp seeds (¼ cup)
- ⅔ cup finely shredded coconut (optional for coating)

### Directions

#### 1. **Blend the nuts**

Add almonds and cashews to a food processor or high-powered blender. Pulse several times until they reach a coarse, sandy consistency. Avoid over-blending so they don't become flour or butter.

#### 2. **Add the remaining ingredients**

Add dates, lemon juice, vanilla, zest, and hemp seeds. Process until the mixture forms a sticky, even dough. Scrape the sides of the bowl as needed for thorough mixing.

#### 3. **Roll into bites**

Use a tablespoon or small scoop to portion the dough. Roll between your palms to create smooth balls. If desired, roll each bite in shredded coconut for added texture.



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#### 4. **Freeze to set**

Place bites on a lined tray and freeze for 45–60 minutes until firm.

#### 5. **Storage**

Store in an airtight container in the fridge for up to 10 days or in the freezer for up to 2 months. These taste especially refreshing when enjoyed straight from the freezer.

## Why These Lemon Bites Are Good for You

### 1. **Naturally Energizing**

Dates provide **quick, clean energy** thanks to natural glucose and fructose—perfect for a pre-workout boost or an afternoon pick-me-up without a crash.

### 2. **Rich in Healthy Fats**

Almonds, cashews, and hemp seeds offer **omega-3 and omega-6 fatty acids**, which support brain health, hormone balance, and long-lasting satiety.

### 3. **Plant-Based Protein**

Hemp seeds and nuts contribute **complete plant protein**, helping stabilize blood sugar and keep you full between meals.

### 4. **High in Fibre**

Dates, nuts, and lemon zest provide dietary fibre that supports:

- healthy digestion
- steady energy
- reduced cravings

### 5. **Immune-Supportive**

Fresh lemon juice and zest add **vitamin C**, antioxidants, and a refreshing brightness—making the bites taste indulgent while staying light and nourishing.

### 6. **Zero Refined Sugar**

Sweetened only with whole-food dates, these bites are a great alternative to packaged snacks or desserts.

### 7. **Easy Portion Control**



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Small, bite-sized servings allow you to enjoy something sweet **mindfully**, supporting balanced eating patterns without deprivation.

## Contact

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