

Healthy Pecan Pie Bites

Servings: 8

Filling Ingredients:

1 cup pitted dates, chopped
1 cup pecans, chopped
1 large ripe banana
2 tablespoons agave (can substitute stevia if you wish)
1 teaspoon vanilla extract
1 teaspoon cinnamon
1/8 teaspoon nutmeg
Extra pecans for topping

Crust Ingredients:

1 cup pecans, chopped
1/2 cup pitted dates
1 teaspoon cinnamon
1/4 teaspoon vanilla extract

Instructions:

1. Blend all pie filling ingredients until smooth and set aside (except for the extra pecans)
2. Blend all crust ingredients together until dough like consistency with visible chunks of nut
3. Grease an 8x8-baking pan or glass dish with a healthy oil (olive oil, coconut oil, grape seed oil, etc.)
4. Press crust mixture evenly into baking dish
5. Top with pie filling using a spoon or spatula to make sure the filling is evenly distributed over the crust
6. Add extra pecans evenly over the top
7. Cover with saran wrap and freeze overnight
8. When you're ready to serve remove from the freezer, cut into squares and serve immediately

Tip: The easiest way to blend the ingredients is with a blender or food processor

Nutrition Information:

Serving size: 1 bar	Carbohydrates: 34g
Total calories: 344	Dietary fiber: 6g
Total fat: 24g	Sugars: 25g
Protein: 4g	Sodium: 1mg
Saturated fat: 2g	



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Recipe adapted from damyhealth.com