

# CHERRY PUMPKIN SEEDZZZ BITES

A healthier bedtime snack with cherries — a natural source of melatonin — to support sleep!



## INGREDIENTS



1/4 cup of cashews



1 teaspoon monk fruit



1 cup of dates



1/4 cup  
of pumpkin seeds



1/2 cup  
dried cherries



2 tablespoons  
of almond flour



1/2 teaspoon  
of cinnamon

## INSTRUCTIONS

1. Roughly chop and/or mix all ingredients in a blender to a consistency you like.
2. Pour into a 6x6 or 8x8 pan lined with parchment or into a silicone baking dish, molding it with your hand.
3. Let it cool in the fridge for 30 minutes.
4. Cut into small squares & enjoy!