

GERBS HEALTHY ROAD TRIP SNACKS

Super 5 Seed Protein Bites *Makes 16 bites*

Ingredients:

- 1 cup Gerbs pitted dates (12-13 large)
- ¾ cup Gerbs super 5 seed protein powder
- ¼ cup Gerbs cocoa powder
- ½ teaspoon pure vanilla extract
- ¼ teaspoon Gerbs cinnamon
- ¼ teaspoon Gerbs Himalayan sea salt, or to taste
- ¼ cup Gerbs mini dark chocolate chips

Directions:

- 1.) Add dates into food processor and grind into a chunky paste. Add in the protein powder, cocoa, vanilla, cinnamon, and salt. Process until thoroughly combined.
- 2.) Pulse in the chocolate chips. The paste should be sticky when pressed between your fingers. If it's not sticky enough to shape into balls, add water, one teaspoon at a time, and process until it comes together.
- 3.) Shape into small balls (about 16) and freeze for 20 minutes or so until firm. Store leftovers in the freezer!

Chipotle Guacamole Dippers *Serves 4.*

Guacamole

- 1 cup Gerbs Chipotle Seasoned Pumpkin kernels
- 1 garlic clove, minced
- 1 teaspoon Gerbs Cumin
- 1 lime, juiced
- ¼ tsp Gerbs Himalayan Sea Salt
- 3 ripe Avocados
- 2 tablespoons fresh cilantro, finely chopped

Dippers

- 12 carrot sticks
- 12 celery sticks
- 12 strips sweet bell pepper
- Cherry or grape tomatoes (3 on each toothpick, like a skewer)
- 4 mason jars

Directions:

- 1.) In a food processor, combine all ingredients, except 2 avocados and cilantro. Blend until smooth.
- 2.) Mash remaining 2 avocados to a chunky consistency. Stir in food processor mixture and cilantro. Adjust salt to desired taste.
- 3.) Chop carrots and celery into 5 or 6 inch sticks. Using Scoop guacamole into bottom of mason jars, add veggies, twist on lid.