



Katie's Energy Bites

This recipe is highly adaptable. Sub in your favorite ingredients and flavor combinations ... think chopped nuts, coconut flakes, protein powder, dates, etc.



PREP TIME:

10 min



TOTAL TIME:

30 min. - 1 hour



SERVINGS:

12 - 13

INGREDIENTS:

- 1 cup rolled oats
- 1/2 cup flaxseed, hemp seed and chia seed mixture (any ratio of the 3 works, based on your personal preference)
- 1/4 cup dried cranberries
- 1/4 cup mini semi-sweet or dark chocolate chips
- 1/2 cup nut butter (peanut, almond or sunflower)
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon



METHOD:

Place all ingredients into a bowl and mix until thoroughly combined.

Scoop a heaping tablespoon of the mixture and roll it between your palms into balls.

Place them on a parchment-lined tray, and place in the freezer for 30 min or the refrigerator for 1 hour to set up. Store in an airtight container in the refrigerator for up to 10 days.

These can also be made in bulk and frozen; just be sure to let them thaw out a bit before eating!