

ENERGY BITES

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INGREDIENTS:

- 1 cup oats
- 2/3 cup unsweetened coconut
- 1/2 cup ground flaxseed
- 1/2 cup peanut butter or seed butter
- 1/2 cup semi-sweet chocolate chips
- 1/3 cup honey
- 1 teaspoon vanilla

INSTRUCTIONS:

1. In a large bowl, add all 7 ingredients and mix well. Using a small ice cream scoop, melon baller, or a couple of spoons, make balls.
2. Enjoy immediately or chill in the fridge.

TIP

Use our "base recipe" to create your own versions of energy bites:

- 1 cup base ingredient
- 1/2 cup healthy fat
- 1/3 cup sweetener
- 1 cup mix-ins, using a combination of 2-3 different ingredients
- 1 teaspoon spice, flavoring, or seasoning

explore.eat.enjoy.

S'MORES ENERGY BITES

INGREDIENTS:

- 6 sheets of graham crackers (24 crackers)
- 1/2 cup peanut butter
- 1/3 cup honey or maple syrup
- 1/2 cup mini marshmallows
- 1/2 cup semi-sweet chocolate chips

INSTRUCTIONS:

1. Break graham crackers into several pieces and place into zip-top bag. Carefully seal it shut. Crush the crackers in the bag with the bottom of the bowl or your hands. Measure out 1 cup of crumbs and place into a large mixing bowl.
2. Add 1/2 cup peanut butter and 1/3 cup honey to the bowl and stir to combine.
3. Roughly chop up marshmallows or pull apart to make small pieces. Measure out 1/2 cup and add to mixing bowl.
4. Add 1/2 cup chocolate chips to mixing bowl and stir with a spatula to combine.
5. Use a small ice cream scoop or a spoon to form small amounts. Roll them lightly between your palms to make balls.

NOTES

