

Chocolate Peanut Butter Energy Bites



INGREDIENTS

- ½ cup Quick Oats
- ¼ cup Flax seeds
- 1½ tbsp Cacao powder
- ⅛ tsp Sea Salt
- ¼ cup all natural Peanut Butter (or other nut butter)
- 3 tbsps of Maple Syrup (or honey)
- 1 ½ tsp Unsweetened Almond Milk (optional)

8 servings | 15 minutes

PREP

In large mixing bowl, combine all ingredients except almond milk. Add almond milk if the dough is too thick and sticky. Roll the dough into balls about 1 inch in diameter. Chill in the fridge for 20 minutes before servings.

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PREP CONT

Notes: Store in airtight container in fridge for 1 week or freezer for longer. Can use Gluten-free Oats. Use sunflower seed butter for nut free. Option to add vanilla extract for more flavor. If using rolled oats, pulse in food processor to chop them up into a quick oat texture.

