



Healthy Body | Healthy Mind | Healthy Family | Healthy Community

Energy Bites

Directions

1. In a large bowl, mix all ingredients until well combined.
2. Roll into balls using approximately 1 Tbsp.
3. Refrigerate and store in container or freezer.

Ingredients (12 balls)

1. 1/4 cup chia seeds
2. 1/4 cup hemp hearts
3. 1/4 cup crushed walnuts
4. 1/4 cup coconut
5. 1/4 cup almond butter

6. 1/2 gluten free oats
7. 1/4 cup honey
8. Pinch apple pie spice or cinnamon

Ingredient swaps

No almond butter? Use peanut butter or tahini.

Make it paleo? Use almond flour instead of oats.

Make it vegan? Use maple syrup instead of honey.

Take out sweeteners? Double your nut butter and take out honey.

Make it extra decadent? Drizzle melted dark chocolate and a sprinkle of sea salt on top.