



Chocolate Peanut Butter Energy Bites

16 servings

15 minutes

Ingredients

1 cup Quick Oats
1/2 cup Ground Flax Seed
3 tbsps Cacao Powder
1/4 tsp Sea Salt
1/2 cup All Natural Peanut Butter
1/3 cup Maple Syrup
1 tbsp Unsweetened Almond Milk
(optional)

Directions

- 1 In a large mixing bowl combine oats, flax, cacao powder, sea salt, peanut butter and maple syrup. Add almond milk if the dough is too thick and sticky.
- 2 Roll the dough into balls about 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

Notes

Storage, Store in an airtight container in the fridge for seven days or in the freezer for longer. Always serve chilled.

Serving Size, One serving is equal to one ball.

Gluten-Free, Use certified gluten-free oats.

Nut-Free, Use sunflower seed butter instead.

More Flavor, Add vanilla extract.

No Maple Syrup, Use honey instead.

No Quick Oats, For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them up into a quick oats texture.