

INGREDIENTS

1 1/2 cups Rolled Oats
3/4 cup Unsweetened Shredded Coconut
1 Banana
1/3 cup Cold Brew Coffee Concentrate
1/4 cup Almond Butter
4 teaspoons Cocoa Powder
1 tablespoon Chia Seeds
2 teaspoons Maple Syrup

NUTRITION INFORMATION PER SERVING

Calories 150kcal	Sodium 17mg
Carbs 17g	Fiber 4.02g
Protein 4.36g	Added Sugar 0g
Total Fat 7.8g	Fruits 0.1 servings
Saturated Fat 3.26g	Vegetables 0 servings

Kohana Coffee Energy Bites

🕒 15 MINS | 🍴 10 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

Method

- 1- Put the oats and coconut in a blender and blend until fine.
- 2- In a large bowl, mash the banana.
- 3- Add the oats, coconut, coffee, almond butter, cocoa powder, chia seeds, and maple syrup.
- 4- stir until combined well.
- 5- Roll into golf sized balls.
- 6- Roll each ball into additional coconut.
- 7- Refrigerate in an airtight container for up to one week.

