



Chocolate Almond Energy Bites

Power up with whole grain steel cut oats, almond butter and almonds and chia. These bites deliver energy, protein, healthy fats and fibre to help you crush cravings and manage munchies.

Prep Time: 10 minutes **Makes:** 20 bites

Ingredients:

- 1 cup quick cooking steel cut oats
- ½ cup medium unsweetened coconut flakes
- ½ cup natural almond butter
- ¼ cup finely chopped roasted salted almonds
- ¼ cup honey
- ¼ cup cocoa powder
- ¼ cup chia seeds
- ¼ cup mini chocolate chips
- 1 Tbsp. vanilla extract
- Pinch sea salt

How To Make:

Stir all ingredients together in a medium bowl until thoroughly mixed.

Using a tablespoon (15 mL) measure, scoop heaping spoonfuls of the mixture and roll into balls. Dampen your hands slightly to make rolling less sticky.

Store in a covered container in the refrigerator for up to 1 week.