



## Almond Butter Energy Bites

*Power up with whole grain oats, almond butter and seeds! These bites deliver energy, protein and fibre (and a hint of chocolate) to help you crush cravings and manage munchies. They make a perfect grab-and-go snack; one of these bites with a small latte powers me through a short run or work out.*

**Prep Time:** 10 minutes **Makes:** 24 bites

### Ingredients:

- 1 ¼ cup (375 mL) large flake rolled oats or quick cooking steel cut oats
- 2/3 cup (160 mL) medium unsweetened coconut flakes
- ½ cup (125 mL) natural almond butter
- 1/3 cup (80 mL) honey
- ¼ cup (60 mL) sesame seeds or hemp hearts
- ¼ cup (60mL) chia seeds
- ¼ cup (60 mL) mini chocolate chips
- 1 Tbsp. (15 mL) vanilla extract
- Pinch sea salt

### How To Make:

Stir all ingredients together in a medium bowl until thoroughly mixed. Let chill in the refrigerator for at least half an hour. \*

Using a tablespoon measure, scoop mix and roll into bite-sized balls.

Store in the refrigerator for up to 1 week.

\* If you don't have time to let the mix chill, skip it. Just wet/dampen your hands slightly to make rolling less sticky.