

Chocolate Chia Energy Bites

Makes 60 balls

1 1/2 cups **old-fashioned rolled oats**
12 **pitted dates**
1/2 cup **walnuts, OPTIONAL**
3 Tbsp **chia seeds**
3 Tbsp **ground flax seed**
1/2 cup **unsweetened cocoa powder**
1/2 cup **almond butter** (or natural peanut butter)
1/4 tsp **salt**
1/3 cup **coconut oil, melted**
2 Tbsp **pure maple syrup**

Add to a food processor and blend until well combined.

1/2 cup **unsweetened shredded coconut**
OR
1/2 cup **finely chopped nuts**

Place in a shallow bowl. Using the mixture from the food processor, form about one tablespoon at a time into one-inch balls. Roll each in the coconut or nuts to coat, then refrigerate or freeze in a covered container. Enjoy!

Nutrition Information for 1 ball, including walnuts, rolled in coconut and using no salt added almond butter:

Calories: 55 • Fat: 4 g • Sat Fat: 1.7 g • Chol: 0 • Fiber: 1.5 g • Protein: 1 g • Total Carb: 5 g • Sugars: 2 g • Sodium: 5 mg

Almond Butter Bites

Makes 40 balls

20 **pitted dates**
1/2 cup **old-fashioned rolled oats**
1/4 cup **unsweetened shredded coconut**
1 cup **almond butter** (or natural peanut butter)
1 Tbsp **coconut oil, melted**
1/4 cup **raw pecans** (or nut of your choice)
1 Tbsp **honey**
1 tsp **vanilla extract**

Add to a food processor and blend until well combined.

You may add more coconut oil (1 Tbsp at a time) if you feel it is too dry.

OPTIONAL Add-Ins:

1/4 cup **dried cranberries**
1/4 cup **chocolate chips**, dark or semi-sweet

Stir or pulse in add-ins of your choice. Form into bite-sized balls (about one-inch) and refrigerate for 30 minutes before serving. Store in a covered container in the refrigerator or freezer. Enjoy!

Nutrition Information for 1 ball, including optional add-ins and using no salt added almond butter:

Calories: 75 • Fat: 5 g • Sat Fat: 1.2 g • Chol: 0 mg • Fiber: 1.5 g • Protein: 2 g • Total Carb: 7 g • Sugars: 4 g • Sodium: 0 mg