



NO BAKE ENERGY BITES

Ingredients:

- 1/2 cup almond butter
- 1 tsp vanilla extract
- 1/3 cup organic pure maple syrup
- 1/3 cup almond flour
- 1 cup oats
- 1/8 tsp salt
- 1 tbsp whole wheat flour
- 1/4 cup ground flax seeds
- 1 tsp cinnamon
- 1/4 tsp nutmeg

Directions:

1. Mix together almond butter, syrup, vanilla, and salt in mixer. In a bowl, mix together oats, almond flour, flaxseed, flour, cinnamon, and nutmeg.
2. Add almond butter mixture with the oats mixture. Roll combined mixture into small balls and place on pan in the fridge for at least 30 minutes.

Nutrition Facts Per Serving:

Calories: 75
Protein: 4g
Sugar: 4g
Carbohydrates: 10g