



MAKE- AHEAD ENERGY/ PROTEIN BITE IDEAS

A simple a delicious snack for
when you're on the go



Energy/protein bites are the perfect on the go snack. They pack a big punch of healthy fats, proteins and slow releasing carbohydrates, to keep you fuller, longer.

Start with this base recipe, then choose one of three add-in ideas for the perfect snack.

Start with: 1.5 cups old-fashioned oats, 1 cup nut or seed butter, 1/4 C honey, 2 scoops protein powder (optional) in a bowl, then add any of the following:

**ALMOND
JOYS**

Add 2 TBS sliced almonds and 2 TBS shredded unsweetened coconut

**CINNAMON
RAISIN**

Add 2 TBS raisins and 1/2 tsp cinnamon

**GINGER
SNAPS**

Add 1/2 tsp ground ginger or 1 tsp chopped crystalized ginger, 1 tsp cinnamon and 2 TBS shredded unsweetend coconut

Combine everything in a bowl, then with wet hands, spoon out scoops of batter and form into balls, then refridgerate for 2 hours. Can be stored in the fridge for up to one week or in the freezer for 3-4 weeks.