



Vanilla Espresso Energy bites

Make these delicious energy bites and enjoy them as a quick burst of fuel in the morning or afternoon.

Ingredients :

1 1/2 cup rolled oats
3/4 cup ground flax seed
1/2 cups mini chocolate chips
1 1/4 cup almond butter
1-2 tsp vanilla flavoring
2 Tbsp. pure maple syrup
1 Tbsp. espresso powder

Prep Time : 10-15 minutes

Cook Time : _____

Servings : 16-18 Energy Bites

Procedure :

1. Add oats, flax seed, and chocolate chips in a large bowl. Toss to combine.
2. Add almond butter, maple syrup, espresso and vanilla in small bowl. Microwave for 30 seconds or until softened.
3. Stir the almond butter mixture with oat mixture until combined. The mixture will be thick. Shape into tablespoon-sized balls. Store in refrigerator.

Notes :

*Recipe adapted from:
www.chefjulird.com*



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