

VANILLA ESPRESSO ENERGY BITES

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

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Featured Food: Almonds

Yield: 16-18

Ingredients

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

Preparation

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.
4. Enjoy!