

No Bake Almond Butter Energy Bites!

Healthy, portable and easy to make idea for your pre or post workout nourishment! ;)

- 1 cup oats
- ½ cup mini chocolate chips
- ½ cup ground flax seeds
- ½ cup + 1 tablespoon Almond Butter
- 1/3 cup honey
- 1 tsp vanilla extract

Simply add all ingredients into a bowl and mix until well combined.

Roll into balls or press onto a baking dish lined with parchment paper, freeze and then cut into squares or bars!

Yield: will depend upon the size you roll your bites into.

Nutritional info: if rolling dough into 24 bites/balls each ball/bite will have about 90kcal, 3 grams protein, 5g healthy fats, and 10g carbohydrates.

(Picture source: google)

