

Almond Butter Bites

These fiber-rich energy clusters are made with wholesome ingredients for a nutritious boost anytime. No-bake bites and quick to make they are perfect for grab-and-go snacking or fueling up before or after a workout. Delicious, satisfying, and packed with goodness, they're a must-have for busy days!

INGREDIENTS

- 1 cup rolled oats
- 1/4 cup flax meal
- 1/4 cup unsweetened shredded coconut
- 3 tablespoons cocoa powder
- 1/3 cup almond butter
- 1/4 cup maple syrup
- 2 tablespoons coconut oil
- 1/2 teaspoon vanilla extract
- 1/4 cup vegan chocolate chips
- 1/4 cup peanuts, unsalted, rough chop
- 1 pinch sea salt

STEP 1

In a large bowl, combine all ingredients and mix thoroughly with a wooden spoon. Then, using your hands, knead the mixture until fully incorporated and well blended.

STEP 2

Using a spoon or scooper, portion the batter into your hands and roll into walnut-sized balls. Place them on a parchment-lined baking sheet and refrigerate for 30 minutes.

STEP 3

Once set, transfer the bites to a bag or container and store in the fridge for up to a month.

SERVES

14-16 bites

TIME

🕒 10m

SHOPPING LIST

- 1 cup rolled oats
- 1 bag flax meal
- 1 bag unsweetened shredded coconut
- 1 bag cocoa powder
- 1 jar almond butter
- 1 jar maple syrup
- 1 jar coconut oil
- 1 bottle vanilla extract
- 1 bag vegan chocolate chips
- 1 container peanuts, unsalted sea salt

EQUIPMENT

- Large bowl
- Wooden spoons

STORAGE

Store in the fridge, in an air tight container for up to one month.