



Customizable Energy Bites

Mix together all ingredients until a dough is formed. Scoop tablespoons of mixture into the palm of your hand and roll into balls. *Wet hands with water if dough sticks.* Store in an airtight container in the refrigerator for up to a week.

1 CUP OLD FASHIONED OATS

+

½ CUP BINDER

Choose one of the following:

Almond flour
Coconut flour
Ground flax seed
Oat flour
Protein powder

+

½ CUP NATURAL NUT BUTTER

Choose one of the following:

Almond butter
Cashew butter
Peanut butter
Sunflower seed butter

+

2-3 TABLESPOONS LIQUID SWEETENER

Choose one of the following:

100% maple syrup
Honey

+

UP TO ½ CUP ADD-INS

Choose a combination of the following:

Chia seeds
Chocolate chips
Chopped nuts
Dried fruits
Sunflower seeds

+

OPTIONAL FLAVOR BOOSTS

Choose a combination of the following:

Pinch of salt
Sprinkle of cinnamon
Teaspoon of vanilla

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