

LESSON 8: GUT HEALTH AND WELLNESS

Energy Bites

INGREDIENTS

- 2 cups old fashioned rolled oats
- ½ cup ground flax seed
- 1 TBSP black chia seeds
- 1 teaspoon ground cinnamon
- ¾ cup dried pitted dates
- ½ cup peanut butter
- 1 teaspoon vanilla extract
- 2 TBSP vanilla whey protein powder
- ¼ cup water
- ⅓ cup dark chocolate mini chips



SERVING SIZE IS 2 BALLS

Nutrition Facts

Serving Size: 1 × 2 Balls

Amount Per Serving		% Daily Value*
Calories	329.7 kcal	16 %
Total Fat	16.3 g	25 %
Saturated Fat	4.1 g	21 %
Trans Fat	0 g	
Cholesterol	0.3 mg	0 %
Sodium	82.6 mg	3 %
Total Carbohydrate	36.6 g	12 %
Dietary Fiber	7.2 g	29 %
Sugars	15.5 g	
Protein	13.1 g	26 %
Vitamin A	0 %	Vitamin C 0 %
Calcium	10 %	Iron 15 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

DIRECTIONS

- 1 Combine oats, flax seed, chia seeds, cinnamon, dried dates, peanut butter, vanilla extract, and vanilla protein powder to food processor.
- 2 Pulse until ingredients are blended and oats are finely chopped, almost flour-like consistency.
- 3 Slowly add water to the food process and blend until the mixture sticks together. You may need to add more or less water depending on your dough.
- 4 Add mixture to a large bowl, using your hands mix in chocolate chips.
- 5 Scoop and roll mixture into 1-inch balls and place on parchment-lined baking sheet.
- 6 Serve immediately or store in air tight container in refrigerator.

Recipe from joyfulhealthyteats.com