

OATMEAL COOKIE ENERGY BITES

Serves: 15-20 bites

ingredients

1 cup nuts (any variety such as walnuts, almonds, peanuts, pecans, cashews)
1 cup old fashioned oats
1/2 cup unsweetened raisins
1/2 cup natural peanut butter
1/4 cup honey or agave nectar
1 teaspoon vanilla extract
1/2 heaping teaspoon ground cinnamon
1/4 teaspoon nutmeg
1 tablespoon chia seeds (optional)*
2 tablespoons ground flaxseed (optional)*



directions

Add your nuts to a food processor and blend until the nuts are coarse. Feel free to use a variety of nuts. I used a mix of cashews, peanuts, almonds, and pecans.

Next, add the chopped nuts and the remaining ingredients to a large bowl. Mix with a wooden spoon until all ingredients are evenly distributed.

Roll into 1-inch balls.

Store in an airtight container. I keep mine in the fridge to maintain the shape of the energy bite.

*Notes: You might find by adding the chia and flaxseeds makes for a drier texture making it a little more difficult to roll into balls. However, the health benefit is worth it!

find more recipes at www.wholesomeLLC.com

