



Chocolate & Almond Butter Bites

Directions:

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and chill in the refrigerator for at least half an hour, to make the mix easier to handle.
2. Once chilled, roll into balls (recommend using a 1/2 ounce scoop).
3. Can be stored in an airtight container in the freezer.

Nutrition Facts (per bite): 113 cal, 7 g fat, 20 g CHO, 3 g pro, 27 mg Na+, 2 g fiber

Ingredients:

1 cup old fashioned oats
3/4 cup toasted unsweetened coconut flakes
1/2 cup almond butter (may use any preferred nut butter)
1/2 cup ground flax seed
1/3 cup honey or agave nectar
1/4 cup unsweetened cocoa powder
1 Tablespoon chia seeds
1 teaspoon vanilla extract

Yield: 25 bites

Time: 1 hour

These bites are meant to be savored as an occasional treat to satisfy your sweet tooth. Be mindful of your portion sizes and frequency when indulging in desserts.