



No Bake Peanut Butter Energy Bites



Recipe of the Week #4

INGREDIENTS

- 1 cup oat flour (you can pulse dry rolled oats to create your own oat flour)
- ½ cup creamy peanut butter
- 4-6 pitted dates, chopped
- ¼ cup chopped dark chocolate or dark chocolate mini chips
- ⅛ tsp. sea salt
- 1 scoop of vanilla flavored whey protein powder

DIRECTIONS

1. Combine all ingredients together in a food processor until combined well.
2. If consistency is dry and crumbly, add 1 Tbsp. of milk, almond milk or soy milk until mixture sticks together without being overly "wet."
3. Store in refrigerator for up to one week.

NUTRITIONAL ANALYSIS

Serves: 16 | Serving Size: 25 g

Calories: 110

Fat: 6 g

Saturated fat: 1.5 g

Cholesterol: 5 mg

Sodium: 45 mg

Carbohydrates: 11 g

Fiber: 1 g

Protein: 5 g

