

Energy Bites

Portions: 12

Ready in: 10 minutes

Ingredients:

- 1 cup nut/seed butter
- 2 bananas, mashed
- 3 cups old-fashioned oats
- 3 Tbsp honey/maple syrup (optional)



Instructions:

1. Using a food processor, with blade attachment, pulse the oats until the consistency is that of a powder or flour (you just made your own oat flour!).
2. In a large mixing bowl, mash bananas into a puree.
3. Combine all ingredients into a dough.
4. Using a cookie scoop, portion out dough and form into balls.

Tips:

- You can coat the energy bites in cinnamon, seeds, or coconut flakes if you wish.
- Store energy bites in an airtight container in the fridge.