

Hello Home-Made, Bye-Bye Store Bought! No-Bake Energy Bites

Energy bites are one of the newer “healthy” products on the market made by a few different companies – they seem like a great option for a snack on the go but tend to be high in sugar, over-processed and over-priced.

Why bother when you can make these at home with healthy ingredients and in less time than it takes to run to the store? The secret to the “blink and you’ll miss it” preparation time – **NO BAKING REQUIRED!** Which means this is a great solution to “Mom! We’re hungry!” and a great way to involve the little ones in the kitchen.

Try this great recipe and thank us later!

Ingredients:

- **1 cup chopped dates soaked in hot water for 5-10 minutes**
- **½ cup chopped almonds (or substitute your favourite nut)**
- **½ cup ground flax seeds**
- **4 tbsp chia or hemp seeds (or unsweetened coconut flakes)**
- **1 tbsp cocoa powder**
- **1 scoop protein powder (vanilla or chocolate)**
- **½ cup natural nut butter (choose your favourite!)**

Directions:

1. Mash dates.
2. Mix in nut butter.
3. Add in rest of ingredients.
4. Form into balls and roll balls in chia/hemp seeds (or coconut).
5. Refrigerate for 10-15 minutes before eating and keep any leftovers in air-tight container in the refrigerator.

