



Energy Bites

GREAT FOR ENERGY BEFORE OR AFTER
EXERCISE OR FOR A SNACK

You will need:

- 2 cups quick oats
- 3/4 cup natural peanut butter
- 4 Tablespoons honey
- 1/4 cup ground flaxseed meal
- 1/2 cup mini chocolate chips or M&Ms
- 2 teaspoons vanilla
- 1 Tablespoon chia seeds

1. In a large bowl, combine oats, peanut butter, honey, flaxseed, chocolate chips or M&Ms, vanilla, and chia seeds.
2. Using a spoon, scoop out the mixture and round it into a ball. Place the energy bites onto a parchment-lined baking pan.
3. Place the pan in the freezer until the energy bites are hardened (about 1 hour)
4. Store in a plastic zip bag.



Benefits of Each Ingredient

Oats

Provide carbohydrates, which provide energy. Contain an antioxidant called avenanthramide (AVA) which can reduce the oxidative stress created by vigorous exercise. Consuming oats before exercise may reduce inflammation and muscle damage.

Peanut butter

Provides 8 grams of protein, 16 grams of fat, and 208mg of potassium per serving. The fat found in peanut butter is primarily mono- and polyunsaturated fatty acids, which help reduce inflammation in the body.

Honey

Honey contains many beneficial compounds such as antioxidants and propolis, which provide potential health benefits. It also provides carbohydrates for energy.

Flaxseed and Chia Seeds

Great source of protein, healthy fats, fiber, and a variety of minerals.