

PB & J Energy Bites

PREP TIME: 5-10 MINUTES

COOK TIME: N/A

YIELDS: 22-23 BITES

Ingredients

1 cup rolled oats

¼ cup ground flaxseed

½ cup peanut butter

2 tablespoons honey

½ cup salted peanuts

½ cup chopped strawberries

Recipe Benefits

- Anti-Inflammatory
- Promotes GI Health
- High Calorie

Qualities

- Texture: Crunchy
- Smell Level: 0/10
- Spice Level: 0/10

Nutrition Content for 1 Bite

Calories: 93kcal

Carbohydrates: 7.2g

Fat: 6.2g

Protein: 3.4g

Fiber: 1.6g

Added sugar: 2g

Sodium: 24.8mg



Directions

1. Combine all ingredients in a large bowl.
2. Mixture should become thick and doughy, if it is still breaking apart and dry, add additional chopped strawberries and/or honey.
3. Using your hands, scoop about 1 tablespoon worth and roll into a ball.
4. Store in a sealed container in the refrigerator or in the freezer for a frozen PB&J treat.

Chef Tips/Adjustments

- SunButter® can be used for a nut free alternative.
- Salted peanuts can be omitted as this is only added for texture. Sunflower seeds can be used as a nut-free alternative.
- Strawberries can be omitted or substituted with a different fruit to create the “jelly” taste.
- Honey can be adjusted according to personal preference, though too much will make the bites sticky.

