


ALMOND JOY PROTEIN BITES
 28 portions

INGREDIENTS

- 1 cup almond butter
- 1/2 cup of honey (170 g)
- 1 tsp coconut or almond extract
- .25 cup chocolate or vanilla protein powder
- 1/4 cup unsweetened shredded coconut
- 1.5 cups of oats (120 g)
- .50 cup mini chocolate chips
- 1/2 cup unsweetened shredded coconut

COOKING METHOD

¹⁰ INSTRUCTIONS Combine almond butter, honey, extract, flaxseed and 1/4 cup coconut into the bowl of a stand mixer. Mix well. You can also mix by hand. Add oats and chocolate chips. Mix to combine. Use a mini cookie scoop to form balls. Roll balls in 1/2 cup coconut. If stacking, use parchment paper between layers. Store in the fridge or freezer.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (29 g)	% DRI
ENERGY	462 kcal	136 kcal	7 %
FAT	25 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	4 g	1 g	6 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	46 mg	13 mg	1 %
CARBOHYDRATE	48 g	14 g	5 %
SUGARS	31 g	9 g	—
FIBER	5 g	1 g	6 %
PROTEIN	18 g	5 g	—