



Recipes

Snacks

Energy Bites

Energy bites are easy to make. Loaded with protein, complex carbohydrates and Omega 3's, they are a perfect pre-workout snack.

Ingredients:

- 1/2 cup pumpkin seeds
- 2 cups oats (preferably gluten free)
- 1 cup almond butter
- 4 dates pitted
- 1/4-cup ground flaxseed
- 2 tsp vanilla
- 2 tsp cinnamon
- 1/2-cup dried cranberries

Directions:

Grind oats and pumpkin seeds, set aside In a food processor, blend dates, almond butter, flaxseed, vanilla, cinnamon and cranberries, set aside
With wet fingers, roll almond butter mixture into 2-inch balls or squares
Coat with oat/pumpkin mixture Keep some in the refrigerator and store the rest in the freezer.