

High-Protein Energy Bites

Makes: ~22 bites

Instructions

1. In a large bowl, mix all ingredients together, except for the sesame seeds. Once you have incorporated all the ingredients together evenly, roll the dough into about 22, 1" bites. After the bites are formed, roll them in the sesame seeds.
2. Store the bites in an airtight container in the fridge or freezer. Take out the bites as desired to enjoy.

Ingredients

- 1 cup natural peanut butter
- ⅓ cup raw honey
- 1 tsp vanilla extract
- 1 ½ cups old-fashioned rolled oats
- 3 tbsp chia seeds
- ¼ cup ground flaxseed meal
- ¼ cup raw sunflower seeds
- ¼ cup hemp hearts
- ½ cup unsweetened shredded coconut
- ½ cup dark chocolate chips
- ¼ cup black and white sesame seeds

Grocery List

- Natural peanut butter
- Raw honey (can replace with maple syrup for a vegan option)
- Vanilla extract
- Old-fashioned rolled oats (gluten-free if needed)
- Chia seeds
- Ground flaxseed meal
- Sunflower seeds
- Hemp hearts
- Unsweetened shredded coconut
- Dark chocolate chips (substitute in cacao nibs or unsweetened dried fruit of choice)
- Black and white sesame seeds

Recipe adapted from [Andy's East Coast Kitchen](#).