

Power Energy Bites



Kansas City

INGREDIENTS

- 1 cup dry oats
- ¼ cup ground flaxseed
- ¼ cup wheat germ
- ¾ cup cocoa nibs
- 1Tbsp chia seeds
- ½ - 1 cup raw local honey
- 1 cup toasted coconut flakes
- ½ cup natural creamy peanut butter
- 2Tsp pure vanilla extract

METHOD OF PREPARATION

1. **Pulse oats in kitchen blender 3 to 5 times.**
2. **In large mixing bowl add oats to remaining ingredients.**
3. **Mix well with hands wearing food-safe gloves. Work all ingredients into each other.**
4. **Roll into small balls.**
5. **If energy bites seem to dry, add more honey.**
6. **Chill in refrigerator for at least two hours, then serve.**

Enjoy!



CHEF NOTES

1. Can use certified gluten-free oats and omit wheat germ to make this recipe gluten-free.
2. This recipe is dairy free.

Bon Appétit!

— Chef Kyle Williams

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