



PBE J Protein Bites

Gluten free, vegan, and packed with wholesome energy. They taste just as good, possibly better, and they're made from ingredients you can actually pronounce! All seven of them!

Ingredients:

- ½ cup creamy salted almond butter, no sugar added. (or almond, cashew, or sunflower butter)
- ¼ cup sugar-free maple syrup (or sub finely chopped dates)
- 2 Tbsp whey unflavored protein powder
- 1 ¼ cup gluten-free rolled oats*
- 2 ½ Tbsp flaxseed meal
- 2 Tbsp chia seeds
- ¼ cup no sugar added dried fruit (i.e., dried mango, strawberries, cherries, blueberries, cranberries)

Directions:

- To a large mixing bowl, add peanut butter, maple syrup, protein powder, rolled oats, flaxseed meal, chia seeds, and dried fruit of choice. Mix until well combined. If too dry/crumbly, add more peanut butter or maple syrup. If too sticky or wet, add a little bit more oats or flaxseed meal
- Chill in the refrigerator for 5 minutes. Then scoop out 1 1/2 Tbsp amounts and roll into balls. The “dough” should yield about 13-14 balls
- Enjoy immediately and store well-sealed leftovers in the refrigerator for 1 week or in the freezer up to 1 month

“Decide to start living the life you imagined.”

