

Blueberry-Almond Energy Bites



Ingredients

- 2/3 cup finely chopped raw almonds
- 1/3 cup dried blueberries
- 1 ¼ cup old-fashioned gluten free oats
- ½ cup almond butter
- ¼ cup organic honey
- Optional but recommended: ¼ teaspoon salt

Instructions

1. In a large bowl, stir together all of the ingredients until completely combined.
2. Use a small ice cream scoop or spoon to scoop out the mixture into individual portions. Use your hands to roll it into balls and place on a rimmed baking sheet or small baking pan.
3. Tip: Keep your hands damp with water so that the mixture doesn't stick to your fingers and it's easy to roll into balls.
4. Place balls in the refrigerator to set for about 1 hour. Store in the refrigerator in an airtight container for up to 1 week (but they probably won't last that long)!

Recipe Notes

A few notes: If you don't have dried blueberries, try using raisins and adding some cinnamon to the mix. A Cinnamon Raisin Oatmeal Energy Snack sounds delicious! To make a batch of Chocolate Peanut Butter Energy Snacks, just substitute dark chocolate chips for the blueberries, peanuts for the almonds, and peanut butter for the almond butter. The ratios can all stay the same. So easy, and so versatile!

Other Suggestions

Try adding different nuts such as hazelnuts

Other dried fruit would also work well such as cranberries

Don't have almond butter? Try peanut butter or cashew butter

**Strawberries
& Sunshine**

HEALING CENTRE