

No Bake Protein Energy Bites

Ingredients:

- 2 cups rolled oats, blended into a flour
- 1-2 scoops of organic plant based vanilla protein powder (optional) (I like Garden of Life)
- 1/4 teaspoon sea salt to taste
- 1/2 cup pure maple syrup, agave or honey (you may also use drops of organic stevia or other choice of healthy sweetener)
- 1/2 cup almond butter or other nut butter
- 1 teaspoon pure vanilla extract
- 3 tablespoons cacao (organic chocolate) powder
- 1/2 tablespoon coconut oil
- splash of coconut milk or almond milk to taste and for consistency



Add any additional ingredients you might enjoy -- raisins, dates, goji berries, chia seeds, flax seeds, coconut flakes, maca, hemp seeds

Directions:

Pour oats into blender and blend into a flour. Pour oat flour into a large bowl and add all ingredients. Stir well to combine. Add a splash of coconut milk or almond milk and mix again if dry. Press into an 8 inch pan lined with parchment paper or roll into bite-size balls. Place in freezer for about 30 minutes. Cut into bars or square bites. Add sprinkles of coconut flakes (optional).

Store in fridge for a few days or a few weeks in freezer. Simply Fabulous!



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