

Health Mind Soul

Living Your Optimal Life

Energy Boosting Protein Bites

3/4 cup Coconut flour or Almond flour

1/2 cup Ground oats

1 scoop Vanilla Protein (we use Arbonne Essentials Vanilla Protein)

1/2 tsp Cinnamon

1 tsp Salt

1/3 cup Honey / Maple Syrup or Agave Nectar

1/3 cup Almond butter or Natural Peanut Butter

1/2 cup Almond Milk/Oat Milk (or non-dairy milk of choice)

1/3 cup Mini Dark Chocolate Chips

Mix and roll into bite size balls

