

cashew butter energy bites

BEAUTY, LOVE & GRUB

MAKES 20-24 BITES

When I was a kid, I got a recipe for peanut butter, honey, raisin, and oat snack balls from my Sunday School class. I used to make them myself at 8 years old. I attempted to look for that recipe about 10 years ago at my mom's house without any luck. Fast forward, a nutritionist I worked with gave me a recipe that I thought was very similar. But with all of the peanut allergies, I decided to make my own version with cashew butter...and a few additional tweaks, one being to satisfy my sweet tooth, which is trying to cut refined sugar. Protein, fiber, and Omega-3 fatty acids. A perfect healthier treat when your sweet tooth is calling!

1 cup	organic quick oats
2 tbsp	ground flax seed
1 tbsp	chia seeds
¼ cup	unsweetened coconut flakes
¼ tsp	kosher salt
1 cup	cashew butter
¼ cup	honey (organic preferred)
¾ cup	raisins

Combine first five ingredients in a food processor and pulse a few times until combined OR add those ingredients in a bowl and use a spatula to combine. Add cashew butter, honey, and raisins, and pulse to combine. Will need to stop, stir, and redistribute, and pulse again until combined evenly. Roll into balls about 1-inch in diameter and refrigerate for one hour before eating. Store in refrigerator in an air-tight container.

Deliciousness brought to you by BEAUTY, LOVE & GRUB