



Flax Power Bites

INGREDIENTS

1 c old-fashioned oats
1/3 c ground flaxseed meal
2/3 to 1 cup nut butter
1/4 cup honey
Dash of vanilla extract
Pinch of salt

Add-ins: cacao nibs, shredded coconut, chopped nuts,
dried fruit, chia seeds, etc.

DIRECTIONS

Place the oats in a food processor or blender and pulse until coarsely chopped then add to a medium mixing bowl.

Add the flaxseed meal, 2/3 c nut butter, honey, vanilla and salt. With a wooden spoon, combine until the mixture forms a soft (but not sticky) mass.

If the mixture is overly dry, add nut butter 1 tablespoon at a time and mix until the consistency is right. Add any optional ingredients, and mix until evenly combined.

Roll into small balls, or use a melon baller, and place on a parchment-lined baking sheet or tray. Refrigerate until firm enough to stack in a lidded container or in a bag, keeping parchment between layers. Keep refrigerated and enjoy within a week, or freeze up to 6 months.