



Dark Chocolate Berry Energy Bites

Prep Time: 15 minutes
Bake Time: 0 minutes
Yield: 60 bites

INGREDIENTS

3 cups rolled oats

1½ cups almond butter

⅓ cup honey or maple syrup

¾ cup dark chocolate chips (70% cacao)

¾ cup dried cherries or cranberries

DIRECTIONS

1. Mix all ingredients until fully combined.
2. Roll into 1-inch balls.
3. Chill until ready to serve.

Estimated Nutritional Information (per bite)

Calories: ~110
Protein: 3g
Total Fat: 6g
Saturated Fat: 1.5g
Carbohydrates: 12g
Fiber: 2g
Sodium: ~35 mg