



# ENERGY BITES

## Ingredients:

**1 ripe banana (1/3 cup mashed)**

**4 tbsp of nut butter**

**4 tbsp of honey/maple syrup/agave**

**1 3/4 cups oats**

**Make 10 to 12 balls**

## Method:

Peel banana, and smash it with a fork till soft.

Add nut butter, honey/maple syrup, oats to the banana and stir everything together.

Cover and place bowl in the fridge for 30 minutes.

Roll mixture into small tablespoon sized balls.

Place back in the fridge for another 30 minutes. Enjoy immediately, or store in the fridge for up to 2 days.

## Tips:

this recipe is extremely flexible so get creative with whatever you find in cupboard (dried fruits, nuts, spices, seeds)

## Variations we love:

Chocolate: Mix in 1/2 cup mini chocolate chip

Cinnamon: Mix in 1/2 tsp ground cinnamon

Coconut or cocoa coated: roll in unsweetened shredded coconut or cocoa powder until coated.