

## Energy Bites

1 cup dates  
1 cup raisins  
1 cup dried cranberries  
2 tbsp flaxseed meal  
2 tbsp chia seeds  
 $\frac{1}{4}$  cup coconut water + 2 tbsp  
1  $\frac{1}{2}$  cups rolled oats  
1 cup nuts (pecans, walnuts, pistachios)  
Optional: 2-4 tbsps protein powder

Place dates, raisins, flaxseed meal, chia seeds and water in food processor. Pulse until mixture comes together. It will be sticky and wet.

Add cranberries, oats, and nuts to food processor. Pulse just until all items are slightly chopped and blended.

Note: if adding protein powder, add it with flaxseed meal and chia seeds. You may need to add 1-2 tablespoons additional coconut water. Mixture needs to be wet before adding cranberries, oats and nuts.

Using your hands or a scoop form into balls.

Keeps in refrigerator for up to one week.

Gluten Free, Dairy Free, Vegan

2.5 grams fiber

2 grams protein (increases to 3 grams with added protein powder)

Flaxseed= one of the richest sources of Omega-3s from plants. Can reduce LDL cholesterol and risk of heart disease, cancer, stroke and diabetes. Keeps arteries from hardening/plaque from being deposited. Great source of high quality protein, fiber (1tbsp=8g) to improve digestive health, and low in calories

Chia Seeds= Mayan word for strength

A great source of fiber (1/3 rdi), protein, magnesium and phosphorus (1/3 daily requirement), and 20% of calcium requirement. High in antioxidants, chia seeds may have a role in fighting the production of free radicals which may damage cell molecules, and contribute to aging and diseases like cancer.