



Simple | Healthy | Delicious

No-Bake Energy Bites

INGREDIENTS

½ cup coconut flakes

½ cup uncooked oats

¼ cup flax seeds

½ cup nut or seed butter

¼ cup honey

1 teaspoon cinnamon

1 tablespoon Nature's Earthly Choice™ Coffee Flour



DIRECTIONS:

1. In a food processor or blender, combine the coconut flakes, oats, and flax seeds. Pulse until crushed into a chunky powder.
2. Mix with nut or seed butter, honey, cinnamon, and coffee flour. You can adjust the ingredients according to your preference.
3. Once thoroughly combined, roll into small golf-sized balls. Sprinkle with extra cinnamon.