Nutty Oatmeal Energy Bites

Number of Servings: 5-8
Serving Size: 2 bites
Nutritional Information:
- 200 Calories
- 13g of Carbohydrates
- 4g of Protein
- 7g of Fat
- 3g of Fiber
- 121mg of Potassium

Ingredients:
- 1 cup dry oatmeal (rolled oats work the best)
- 2/3 cup coconut flakes
- ½ cup nut/seed butter (peanut, almond or sunflower seed)
- ½ cup ground flaxseed
- ¼ cup dark chocolate chips
- ¼ cup dried fruit (cherries, raisins, currants)
- 1/3 cup honey or agave
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract

Directions:
1. Stir all ingredients in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
2. Once chilled, roll into bite sized balls. Store in an airtight container and keep refrigerated for up to 1 week.

Carbohydrates and Protein:
This snack is perfect for when you are on the go and need a snack. It provides both carbohydrates from the oats, honey and dried fruit as well as protein from the nut/seed butter. It’s also a great refuel option for after practice.

Anti-inflammation:
It's also jam packed with anti-inflammatory ingredients such as flax seed, chia seeds and dried cherries. Anti-inflammatory foods help to reduce inflammation in the body after exercise, which helps promote a quicker recovery and reduce soreness.

Healthy Fats:
The unsaturated fats from nut/seed butter, flax seed, coconut flakes, and chia seed help to keep your body full and satisfied. Unsaturated fats have been shown to help reduce the risk of heart disease and lower cholesterol levels.