



## Cranberry Almond Energy Bites (DF)

15 servings

20 minutes

### Ingredients

1/4 cup All Natural Peanut Butter  
1/2 cup Oats  
1 tbsp Chia Seeds  
1/4 cup Dried Unsweetened Cranberries  
2 tbsps Raw Honey  
1 oz Almonds  
1 oz Unsweetened Shredded Coconut  
1 fl oz Water

### Directions

- 1 Combine all ingredients in a food processor. Blitz for roughly 20-30 seconds until the mixture begins to be tacky so it can stick together. If you need to add more water, only add a few drops at a time to form the right consistency. With a Tbsp measure out flat scoops and roll into balls using your hands. Lay out separately on a covered baking sheet and keep in the fridge for a few hours until firm.

### Notes

**Gluten Free:** Use gluten-free oats if you have celiac disease

### Nutrition

Amount per serving	
Calories	77
Fat	5g
Saturated	2g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	8g
Fiber	1g
Sugar	4g
Protein	2g
Sodium	2mg
Vitamin C	0mg
Iron	0mg