**Protein Bites**

**10-14 servings
30 min. prep time**

 • 1 cup dry gluten free oats

 • ½ cup Medjool dates

 • 2 scoops collagen or protein powder

 • ½ cup psyllium husk

 • ½ cup nut butter

 • ½ cup sprouted nuts

 • ¼ cup sunflower seeds

 • ¼ cup pumpkin seeds

 • ¼ cup ground chia seeds

 • ¼ cup ground flax seeds

 • 1 T coconut oil

 • 1 T coconut flakes

 • 1 T cacao powder

 • 1 T cacao nibs

 • ½ T maca powder

 • 1 tsp cinnamon

 • 1 tsp vanilla bean or ½ tsp vanilla extract

 • pinch Himalayan pink salt

**optional additions:**

 • ½ cup cacao butter

 • ⅓ cup local honey, stevia or maple syrup

 • 1 T coconut mana

 • 1 T goji berries

 • 1 T sesame seeds

 • 1tsp spirulina or chlorella

 • In a large Pyrex bowl mix the dry ingredients together.

 • Next, add the nut butter, honey and extracts/flavor.

 • If the ingredients need to be further processed use a food processor or blender until desired texture is achieved.

 • Lastly, take about 2 inches by 2 inches of the the dough and form protein ball into a Pyrex container of choice and store in the refrigerator. Enjoy!

*Tips:*

 • To add a more chocolaty flavor to the balls just add about 1/4 cup cacao powder to the mix.

 • If you need to make the mix "wetter" add a tbsp of coconut oil or nut butter one at a time until achieving desired texture.