**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.