

# Recipe Makeover: Energy Bites

Watch the video: <https://youtu.be/b4b1mYa7pFI>

## Chocolate Almond Energy Bites

### Ingredients

1/3 cup	Rolled oats
1/3 cup	Almond meal
2/3 cup	Roasted almonds
6	Dates (pits removed)
1/3 cup	Almond butter
2 Tbsp	Honey
1/2 tsp	Almond extract
2 Tbsp	Hemp hearts
2 Tbsp	Ground flaxseed
3 Tbsp	Dark chocolate chips

### Method

1. To your food processor or blender add the rolled oats, almond meal, roasted almonds and dates. Pulse these dry ingredients together until you have a sandy consistency with small pieces of almonds and dates.
2. Add almond butter, and honey. Pulse to combine.
3. Add almond extract, hemp hearts, ground flaxseed and dark chocolate chips. Pulse to combine.
4. Take ~2Tbsp, and roll and press dough between your hands to form a ball. This recipe should make about 15 energy bites.

Customize these bites by using different nuts, seeds, nut or seed butters or a different sweetener (maple syrup would work well). You could also try raisins or other dried fruit instead of chocolate chips.