

Harvest of the Month

FEBRUARY-
ALMONDS



ALMOND ENERGY BITES *(No Bake)*

With Chocolate & Dried Cranberries

Recipe makes 2 dozen / 1 oz. ea.

Yummy and delicious no bake energy bites are the perfect healthy snack!

PREP TIME: 10 MINS

COOK TIME: 0 MINS

TOTAL TIME: 10 MINS

INGREDIENTS:

- 1 cup (dry) oatmeal (old-fashioned oats) or OAT BRAN
- 2/3 cup toasted coconut flakes
- 1/2 cup almond butter or peanut butter (or 1/4 c each)
- 1/2 cup ground flax seed
- 1/2 cup semisweet chocolate chips
- 1/3 cup honey or agave nectar
- 2 Tbsp. finely chopped almonds
- 2 Tbsp. dried cherries or cranberries, finely chopped (optional)
- 1 Tbsp. chia seeds (optional)
- 1 teaspoon vanilla

DIRECTIONS:

Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.*

Once chilled, roll into balls into bite sized portions. (about 1" in diameter.) Store in an airtight container and keep refrigerated for up to 1 week. Can also be frozen.

Makes about 20-25 balls.

ALLERGENS; MILK, NUTS

Photo: Katie Schmidt

B-WELLthy Choices.
Good taste. Good health.



24 Bites

Nutrition info per bite.

Allergens: Milk, Nuts

Nutrition Facts

servings per container	
Serving size	(29g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 6g Added Sugars	12%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 0mg	0%
Potassium 88mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.