










Peanut Butter, Quinoa, Cranberry Energy Bites

Ingredients



- 1 cup rolled oats
- 1/2 cup quinoa, rinsed with cold water
- 1/4 cup sesame seeds
- 1/2 cup dried cranberries
- 1 cup smooth peanut butter (reduced sodium)
- 3 tbsp maple syrup
- 2 tbsp coconut oil
- 1 tsp vanilla extract
- 1/2 tsp kosher salt

Nutrition Facts

								
Protein	Fiber	Carbs	Calcium	Vitamin C	Vitamin A	Saturated Fat	Sugar	Sodium
9 g(18%)	4 g(16%)	28 g(9%)	61 mg(6%)	0 mg(0%)	0 IU(0%)	5 g(23%)	12 g(10%)	88 mg(4%)

Instructions

1. Preheat the oven to 325 degrees. Toast the oats, quinoa, and sesame seeds together on a sheet pan for about 15 minutes until the oats are slightly golden. Set aside and let cool.
2. In a medium saucepan, heat the peanut butter, maple syrup, coconut oil, vanilla, and salt in a small saucepan over low heat until warmed through and combined.
3. Remove from the heat and add the oats, quinoa, sesame seeds and cranberries to the pot. Mix to combine and let cool for 15 minutes.
4. Scoop out 1 tablespoon portions and roll into balls. Refrigerate for at least 30 min. Store in the refrigerator.

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Tips and Substitutions

Tip: Make a big batch and then freeze most of them - when you want to eat them take out of the freezer and put in the fridge. This helps with them staying fresh and portion control!

Note: Feel free to substitute different ingredients for things you like better. For example - you can use almond butter instead of peanut butter. Instead of maple syrup you can use raw honey. Don't have cranberries but have rasins? Use the raisns!

Tip: Pressed for time? Skip to toasting of the ingreidents (Step 1). This will change the texture some but is completely safe to do.

Additional Notes: