

CRAISIN SUNFLOWER PROTEIN BITES



Bonus: They're allergen-friendly!

PREP TIME: 30 min. YIELD: 24 bites

INGREDIENTS

- 1.5 cup SunButter
- 1/4 cup Sunflower Seeds
- 1/2 cup Cranberries
- 1.5 cups Cereal
- 1/8 cup Chia Seeds
- 1/2 cup Mini Dark Chocolate Chips

DIRECTIONS

1. Add the ingredients to a mixing bowl , using a wooden spoon to stir well until combined and makes a dough.
2. Place the mixture in the freezer for 5-20 mins to chill and firm up.
3. Remove from freezer and use cookie dough scoop to scoop the dough. Roll into balls.
4. Store the energy bites in the fridge or freezer in an airtight container.

