



## LABOUR ENERGY BITES

### Ingredients

- 1 cup raw almonds & cashews (or mixed nuts)
- 3/4 cup organic peanut, almond or seed butter
- 1 cup pitted Medjool dates
- 1/2 cup dried cranberries
- 2 tbsp unsweetened shredded coconut
- 1/2 cup of quick oats
- 1/4 cup hemp hearts
- 1/4 cup chia seeds
- 1 tbsp of flaxseed

### Directions

- Mix the nuts & dates first in food processor. Then mix in the other ingredients.
- Roll into little balls.
- Freeze up to a month or refrigerate until ready to eat.



**PREP TIME: 20 MINUTES**