

Mega Protein Bites

with Almonds & Cocoa Nibs

Makes ~30 Mini Bites

Ingredients

2 cups whole, natural almonds
1/2 cup ground flax seed
1/4 cup raw, cocoa nibs
1/2 cup shredded coconut, unsweetened
1/4 cup protein powder
1/2 cup almond butter
1 tbsp unpasteurized, honey
1/2 tsp sea salt
1 tsp cinnamon

1/2 cup coconut oil, melted
1 tbsp vanilla

4 squares 70% dark chocolate (1/3 cup)



Directions

1. Line a mini muffin tin with paper liners. Set aside.
2. In your food processor with the blade attached, add the almonds, flax seed, cocoa nibs, coconut, protein powder, almond butter, honey, sea salt & cinnamon. Pulse until the almonds are chopped into fine pieces.
3. Combine the melted coconut oil and vanilla together and drizzle over top of the nut mixture in the food processor. Pulse a few more time until the mixture resembles a dry cookie batter. The batter should stick together when pressed but not be too soft what it won't hold a shape. If the mixture is too dry, add more almond butter, if it is too wet, add more protein powder.
4. Using a small cookie scoop, divide up the mixture equally amongst the prepared mini muffin tins, filling them up to the top. Press firmly with your hands or the back of the scoop to compress the mixture into the tin.
5. Melt the chocolate over a double boiler or in the microwave (be careful not to burn it) stirring often. When the mixture is completely melted spoon a small amount over the top of each protein bite. Place in the refrigerator to firm up; about 30 mins.
6. These bites are best kept refrigerated until you are ready to eat them. P.S. They freeze well. Enjoy!

Love from the ov,

Sara