



TRAIL MIX ENERGY BITES

INGREDIENTS

- 1 cup rolled oats
- 1 Scoops Life Shake (protein powder)
- ½ cup peanut butter
- ⅓ cup honey
- 1 tsp vanilla
- Optional (pinch of salt)
- ¼ cup dried fruit of choice, like raisins, cherries, raisins etc.
- ⅓ cup chocolate chips
- ¼ cup nuts (we like cashews & Pistachios)

DIRECTIONS

- Combine the oats and Life Shake in a mixing bowl and set aside.
- In a separate bowl, stir together the peanut butter and honey, vanilla, and salt.
- Pour the peanut butter mixture over the oat mixture and mix until combined. Add the dried fruit, chocolate chips, and nuts, and combine well until everything is evenly distributed.
- Note: The mixture will thicken.
- Using 2 tps of the mixture at a time form into 1-inch balls. Refrigerate until set.