

Nut-free soy energy bites

Yield: 24 bites
Prep time: 15 minutes

Nut-Free Soy Energy Bites are the perfect make-ahead snack that is high in protein and fibre thanks to the soy nut butter and oatmeal. Perfect to take to school, work and to get your kids into the kitchen baking.

Ingredients

- 1 cup oatmeal (large flake or quick cooking)
- 1/2 cup soybutter (such as Wow Butter)
- 1/4 cup ground flaxseeds
- 1/4 cup liquid honey
- 1/2 cup coarsely chopped dried cranberries or 1/2 cup raisins
- 1/4 cup coarsely chopped pumpkin seeds or 1/4 cup sunflower seeds
- 1 tsp vanilla

Directions

1. In a large bowl, mix together soybutter, honey, and vanilla.
2. Stir in all of the remaining ingredients. Stir well to combine.
3. Shape into small balls (approximately 1" in diameter).

GrainFact:

Did you know soy butter is made from Ontario soybeans? This spread is nut free and high in protein.



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