

# QM Energy Bite Recipe

## Ingredients

1 1/4 cup	Rolled Oats (Gluten Free)
1/2 cup	Semi-Sweet Chocolate Chips
3 tbsps	Chia Seeds
1/4 cup	Coconut
1/4 Cup	Pumpkin Seeds
1 Cup	Tahini OR Pumpkin Seed Butter or Peanut Butter [mix well to incorporate separated oil from seed butter]
1/4 Cup	Honey or Maple Syrup
1 tsp	Vanilla Extract
1/4 tsp	Sea Salt

## Directions

1. In a large mixing bowl incorporate all wet ingredients together (seed/nut butter, honey, water). Mix well until smooth.
2. Add all dry ingredients to liquid mixture. Mix well until mixture sticks together.
3. Roll into 1 inch balls. If mixture is too sticky, refrigerate for 1 hr before rolling.

[Experiment by adding/substituting nut butters, dried fruit, nuts, seeds (such as sunflower, pumpkin, hemp or ground flax).

