

Grain Free No-Bake Energy Bites

1 cup sliced almonds (Break up into smaller pieces see note 1 below)
1 cup pecans/walnuts/macadamia/other nuts/sunflower seeds, etc. (see note 1 below)
2 cups coconut flakes, unsweetened
1 cup chocolate chips (see note 2 below)
1 cup ground flaxseed
½ cup flaxseed or alternatively ½ to 1 cup Protein Powder
1 cup nut butter (Cashew/Sunflower/Almond butter, etc)
Valencia Peanut butter (Trader Joe's)
¾ cup honey
2 tbs vanilla

Mix nuts and coconut, then add vanilla, warmed nut butter and warmed honey, then stir.

Let cool in refrigerator, then stir in chocolate chips, and return to refrigerator to cool further.

Once chilled, roll into balls. Optionally roll ball into grated coconut.

Store in refrigerator

Note 1

Place in plastic bag and crush with rolling-pin or kitchen mallet

Note 2

***Chocolate Chips (make your own or purchase)**

1 Unsweetened Bakers Chocolate Bar
½ Cup Dry powered milk
1 tbs vanilla
1 square inch of paraffin (Gulf Wax) - optional
Dash Salt - optional
½ cup Xylitol
¼ cup milk

Hershey's and Lilly's both have excellent sugar free chocolate chips sweetened with stevia!