



PROTEIN PACKED ENERGY BITES

High-Protein Snack

Recipe featured on MariGoldFoods.com

INGREDIENTS:

- 1 cup rolled oats
- 1/2 cup ground flaxseed
- 1/3 cup chocolate chips (the mini ones work better)
- 1/2 cup MariGold Rich Chocolate Malt Whey Isolate Protein Powder
- 1/2 cup almond or peanut butter
- 1/3 cup honey or maple syrup
- 1 tsp vanilla extract

DIRECTIONS:

1. In a large mixing bowl, combine rolled oats and protein powder.
2. Add honey or maple syrup and almond/peanut butter to the mixture. Stir well until everything is evenly combined.
3. Mix in the ground flaxseed and mini chocolate chips (if using). Finally, add the vanilla extract and continue to mix until the mixture is well blended.
4. With clean hands, roll the mixture into bite-sized balls. Place the energy bites on a parchment-lined tray and refrigerate for about 30 minutes to set.
5. Once they've hardened a bit, transfer them to an airtight container and store in the refrigerator.
6. Enjoy your homemade protein-packed energy bites for a quick and nutritious snack!



Featuring MariGold
Rich Chocolate Malt Whey Isolate
Protein Powder
(MariGoldFoods.com)

