

B wild Y our O wn

# energy bite!



## grains

2 cups of oats will be the base of your energy bite!



## nut butters

3/4 cup of...

- peanut butter
  - almond butter
  - cashew butter
  - sun butter
- \*perfect sub nut allergies**



## nuts & seeds

1/3 cup of...

- chopped peanuts
- chopped almonds
- candied walnut
- candied pecans
- pumpkin seeds
- sunflower seeds



## spices & chips

handful of...

- white chocolate chips
- chocolate chips
- peanut butter chips
- marshmallows
- graham cracker crumbs
- cinnamon
- vanilla



## dried fruit

1/2 cup of...

- dried cranberries
- raisins
- dried cherries
- dried golden raisins
- chopped dried mango
- chopped dried pineapple

## sweetner

1/2 cup of...

- honey
- agave
- maple syrup

## power nutrients

1/4 cup of...

- milled flax seed
- hemp hearts
- chia seeds
- protein powder

