

# Peanut caramel energy bites

120g oats (use gluten free if preferred)

a small pinch of sea salt

65g soft pitted dates

30g vanilla or chocolate flavour whey or rice protein powder (optional)

95g crunchy peanut butter

stevia (or use natural sweetener of your choice), to taste

## **for the chocolate coating:**

60g coconut oil, melted

35g cocoa powder

stevia, to taste (or use sweetener of your choice)

**MAKES 10 ENERGY BITES**



### PER BITE:

192 Calories

14g Carbs

7g Protein

12g Fat

Line a large baking tray with baking paper.

Place the oats and salt in a blender or food processor and blend until fine. Add the dates and blend well.

Transfer to a bowl. Add the protein powder (if using) and peanut butter and stir well to combine. Taste the mixture and add sweetener to taste. Add cold water, a bit at a time, and stir until the mixture combines into a thick paste.

Shape into 10 circles around 1cm thickness, and place onto the baking tray. Refrigerate for 1 hour or until firm.

Whisk the chocolate coating ingredients in a bowl, until smooth. Pour the chocolate into a small bowl. Dip each energy bite halfway into the chocolate. Allow the excess chocolate to drip off, then place back onto the baking tray.

Freeze the energy bites for 10 minutes or until the chocolate has set, then dip each one into the chocolate again. Freeze for 10 minutes or until ready to serve.

*Store any leftovers in an airtight container and refrigerate for up to 5 days or freeze on same day for up to 2 weeks.*

