



BLUEBERRY/CHERRY ENERGY BITES



These energy bites are packed with nutrition, are delicious and easy to prepare. No baking required.

PREPARATION TIME: 40 minutes

COOK TIME: 0 minutes

TOTAL: 40 minutes

SERVINGS: 15 energy bites

INGREDIENTS:

- 1 (15 oz) can of low sodium dark red kidney beans, rinsed & drained
- 1 cup of old fashioned oatmeal
- ½ cup of dried blueberries*
- 1 TBSP ground flaxseed
- ¾ cup of almond butter
- 2 TBSP pure maple syrup
- ¼ teaspoon of cinnamon
- Pinch of salt

*Can substitute dried cherries if desired

NUTRITION FACTS:

PER SERVING: 2 Energy Bites

142 calories; 4g protein; 6g fat; 4g sugar
8g carbohydrates; 0 cholesterol;
2mg sodium

DIRECTIONS:

STEP 1

In a large bowl, stir together all the ingredients until well combined.

STEP 2

Roll into 15 balls. Store in the refrigerator for about 30 minutes to allow ingredients to firm up.

STEP 3

Store in the refrigerator in an airtight container. Will keep for a week refrigerated. You can also make a double batch and freeze them. Then just thaw in the refrigerator before eating.

For additional recipes, scan QR code, or visit:
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