

Oatmeal Raisin Bliss Bites

EASY | RECIPE

Ingredients:

- 1 cup large flake rolled oats
- ½ cup almond butter
- ½ cup ground flax seeds
- 2 tbsp honey
- ¼ cup raisins

Method:

Line a baking sheet with parchment paper. **In** a large bowl, combine oats, almond butter, flax, honey and raisins. **Mix** well until oats stick together and mixture is uniform. **Using** a rounded tablespoon, scoop oat mixture and roll tightly into bite-sized balls, using your hands. **Place** bites on parchment paper. **Freeze** for 2 hours. **Store** in a freezer-safe container. Eat them defrosted or right out of the freezer.



Makes 12 bites. Per serving (1 bite):

132 calories | 4g protein | 8g total fat | 1g saturated fat | 4g mono fat | 3g poly fat | 0mg cholesterol |
14g carbohydrate | 5g sugar | 3g fiber | 2mg sodium