



NO-BAKE PROTEIN ENERGY BITES

INGREDIENTS

- 1 cup rolled oats
- 1/2 cup dark chocolate chips
- 1/2 cup ground flax seed meal
- 1/2 cup crunchy peanut/almond butter
- 1/2 cup shredded coconut
- 1/3 cup agave syrup
- 1 tsp vanilla extract
- 1 scoop of MVP Chocolate Protein Powder
([PURIUM](#))



These protein energy bites don't require you to bake, making them quick & easy to prepare!

DIRECTIONS

1. Mix all ingredients together in a bowl
2. Form the mix into balls using hands
3. Arrange bites on a baking sheet
4. Refrigerate and enjoy!

BENEFITS

- Full of fiber, antioxidants, & heart-healthy fats.
- Flax seeds are the richest source of omega-3 fatty acids called alpha-linolenic acids, which can reduce the risk of heart disease, cancer, strokes, and diabetes.
- Can improve digestion, cholesterol levels, and hormone levels.