

## Nut Free Energy Bites



### Ingredients –

160 gr. quick oats

50 gr. flax meal

300 gr. sunflower seed butter or wowbutter

200 gr. maple syrup

40 gr. raw or toasted sunflower seeds

50 gr. mini chocolate chips

### Method –

1. Place the oats and flax meal in a small bowl.
2. Add the sunflower seed or wowbutter and maple syrup, and stir to combine.
3. Fold in the sunflower seeds and chocolate chips. The mixture should form a dough that's easy to form into balls that stick together. If the mixture seems to dry, add a bit more sunflower seed or wowbutter.
4. Using a small cookie scoop or tablespoon, portion the mixture and roll the dough into balls.
5. Transfer to a small storage container and keep in the refrigerator. Recipe makes approximately 24 energy bites.

## Kitchen Safety Tips

Working in the kitchen can be quite dangerous and improperly prepared or cooked food has the potential to make you sick. It is important that you understand how to work safely before you begin and it is always advisable to work with an experienced Chef or a parent when using any recipe.

## KITCHEN SAFETY CHECKLIST



WASH YOUR HANDS



FOLLOW THE DIRECTIONS



DON'T TOUCH KNIVES



USE OVEN MITTS



HANDS OFF THE STOVE/OVEN



WAIT TO EAT UNTIL IT'S COOKED

