

Strawberry Energy Bites

Strawberry energy bites that are sugar free, only 6 ingredients, vegan and kid friendly. They're perfect for a pre-workout snack, as a sweet snack after dinner, or healthy midday treat.

Ingredients



5 Strawberries Sliced

1 Cup Pitted Dates

1/2 Cup Cashews: Unsalted, plain or raw

1/4 Cup Walnuts

1/2 Rolled Oats: Regular oats will also work fine

1/2 Cup Shredded Coconut Chips: Flaked Almonds will also do the trick.

How to Make the Bites:

Combine all ingredients except the coconut flakes in a food processor/blender. Process until the nuts are broken up into tiny pieces (but not fully ground) and the mixture forms a paste-like consistency.

Roll the paste/dough between your hands and form small balls. Place them on a plate and then put them in the refrigerator to cool for 1 hour.

Pulse the coconut chips in a blender/food processor for a few seconds, until the chips become even smaller.

After 1 hour, take the strawberry energy bites out of the fridge and roll them in the shredded coconut flakes.

Supplement your child's growing mind & body!

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