



Citrus-Coconut Energy Bites

Ingredients:

- 1/4 cup shredded coconut (unsweetened)
- 1/2 cup rolled oats
- 1/2 cup almond butter (or peanut butter)
- Zest of 1 orange
- 2 tbsp fresh orange juice
- 2-4 tbsp honey or maple syrup
- 1/4 cup mini chocolate chips (optional for extra sweetness)
- Pinch of sea salt

Directions:

1. **Combine Dry Ingredients:** In a large bowl, mix the oats and shredded coconut.
2. **Add Wet Ingredients:** Stir in the almond butter, orange zest, fresh orange juice, and honey/maple syrup. The almond butter will help bind the mixture together. If using more syrup, add equal amount of extra oats.
3. **Form Bites:** Using your hands, roll the mixture into bite-sized balls. If it's too sticky, add 2 Tbsp of oats. If it's still sticky, chill it for about 10 minutes and try again.
4. **Chill:** Once formed, place the bites on a baking sheet or plate lined with parchment paper and refrigerate for at least 30 minutes to set.
5. **Serve:** Enjoy as a nutritious, on-the-go snack!