



Ashley's Meal Prep Monday!

Walnut Flax Energy Bites



INGREDIENTS

1 cup pitted medjool
dates
1 cup rolled oats
1 cup walnuts
¼ cup ground flax seeds
1 TSP vanilla
½ TSP cinnamon
pinch of salt
*dark chocolate or
peanut butter for
drizzling



Add the dates, oats, walnuts, flax seed, vanilla, cinnamon and salt to a food processor. Process until the mixture sticks together when pressed. You may need to add water to help bind the mixture together - do this just 1 TSP at a time, don't add too much water.

Form the 'dough' into balls using the palm of your hands. Drizzle each bite with melted chocolate or peanut butter if desired.

Store in the fridge or freezer and enjoy!

Recipe idea: nourishedbycaroline.ca

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