



WESTERN WISCONSIN HEALTH

Cranberry Almond Energy Bites

- 1 C. oatmeal, instant, old fashioned, dry
- 1/3 C. almonds, sliced or chopped
- 1/3 C. coconut, sweetened, dried, flaked
- 1 Tbs. flax seed meal, ground
- 1/2 C. almond butter (Can substitute peanut, cashew or sunflower seed butter)
- 1/4 C. honey
- 1 Tbs. chia seeds
- 1/3 C. dried cranberries/craisins, roughly chopped

Bake oatmeal, almonds and coconut for 8-10 minutes at 350 degrees, stirring after 5 minutes.
Allow the mixture to cool.

In a medium bowl, microwave the nut butter for 20-30 seconds until runny. Add the baked mix along with flaxseed, honey, chia seeds and cranberries to the bowl. Form into 1.5" balls and refrigerate. Store in an airtight container refrigerated for up to one week or freezer for three months.

NUTRITION FACTS: Number of Servings – 16 (0.99 oz. per serving)

Nutrition Facts	
Serving Size each	
Servings Per Container 16	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	