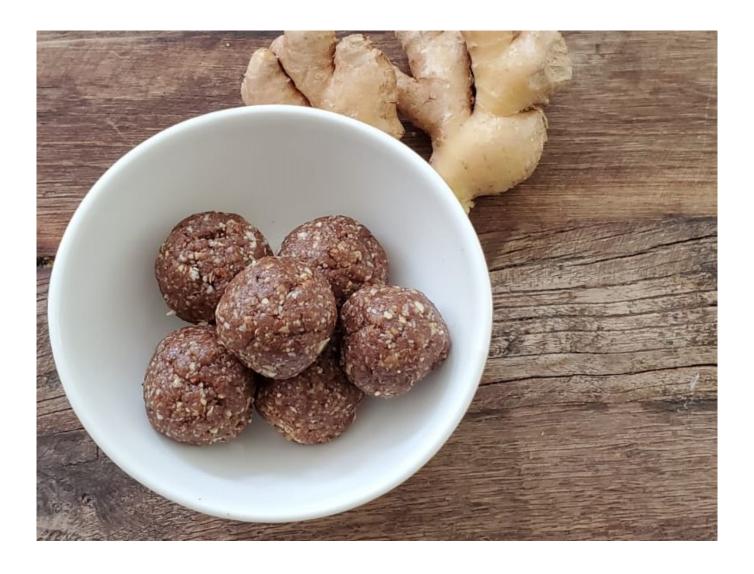
GINGER OAT BITES



This recipe was inspired by a more complicated version from a gluten free cookbook. I'm all about making recipes simple, easy and healthy! These little raw bites are perfect for a pre-workout snack or anytime you crave something sweet — and the kids love them too $\hfill \square$

Prep Time: 5 minutes

Ingredients:

2/3 cup organic almonds, raw or toasted
2/3 cup organic raw walnuts
2/3 cup old-fashioned rolled oats
2 teaspoons cinnamon
1/8 teaspoon ground cloves
4 teaspoons ground flax seeds*
2 teaspoons fresh grated ginger**
3 Tablepoons organic maple syrup
1 Tablespoon almond milk
0rganic shredded coconut (optional)

Putting it all together:

- Combine almonds, walnuts, oats, cinnamon, cloves, ground flax seeds and ginger in a <u>food processor</u>. Process until looks like coarse crumbs and then add the ginger, maple syrup and almond milk until the mixture sticks together and looks relatively smooth.
- Roll into balls and place on parchment-lined cookie sheet.
- Optional: roll balls in organic shredded coconut

