

# Snack

12 SERVINGS PREP TIME: 20 MINUTES

## No-Bake Energy Bites

These no-bake energy bites are the perfect mid-afternoon pick-me-up. They are sweet and crunchy, but will keep you full and satisfied for a few hours.

### INGREDIENTS

- 1/4 cup unsalted smooth peanut butter*
- 1/2 cup applesauce*
- 1 tsp vanilla extract*
- 2 cups large flake oats*
- 2 tbsp walnut pieces*
- 2 tbsp flax seeds*
- 1/4 cup unsweetened shredded coconut*
- 1 tsp cinnamon*
- 2 tbsp hemp seeds for garnish (optional)*

### PREPARATION

1. Line a baking sheet with parchment paper and set aside.
2. In a large bowl, combine all ingredients together. Alternatively, use a food processor to make the dough.
3. Portion the dough into 2-tablespoon balls. Use your hands to form into balls, and place on the baking sheet. For extra protein, roll each ball in a bowl of hemp seeds.
4. Chill overnight in the fridge to allow the balls to firm up. Keep in the freezer and, as desired, take out to defrost to enjoy.

### NOTES

- Energy bites are convenient snacks, lasting 2 weeks in the fridge or 3 months in the freezer.
- Can be customized with add-ins such as mini dark chocolate chips.
- Keep added sugars low—ideally under 5% of daily calories (or about 6 teaspoons).
- Flax and hemp seeds boost protein, omega-3s, and fibre, supporting heart and digestive health.
- Hemp seeds are a complete protein, along with quinoa, edamame, tofu, tempeh, and chia seeds.
- Peanut butter can be replaced with other nut butter.
- Find more info about plant-based protein in the first edition of *Love Your Kidneys*.

**NUTRITION FACTS** PER SERVING: 1 ball / Calories: 119 / Fat: 6 g / Carbohydrate: 13 g / Fibre: 2.8 g / Sugars: 2 g / Protein: 4 g / Sodium: 2 mg