

# SUPERFOOD POWER BITES

Chia seeds and flax seeds provide healthy fats called omega 3 fatty acids. This snack has a nice balance of carbohydrate, fat, protein, and fiber to keep you energized and satisfied!

## INGREDIENTS

- 1 large mashed ripe banana
- ¼ cup peanut butter or almond butter
- 1 cup oats
- 1 tbsp ground flax seed
- 1 tbsp chia seeds
- 2 tbsp coconut oil
- ¼ cup unsweetened shredded coconut
- ¼ cup cacao powder  
- *Optional: 1 extra tbsp for coating.*

## DIRECTIONS

### STEP 1

Use fork to mash the banana. Mash the nut butter and coconut oil into the banana.

### STEP 2

Add all other ingredients to the bowl and use spatula to mix until well combined.

### STEP 3

Use a rounded tablespoon or small ice cream scoop to shape and make the balls.

### STEP 4

*Optional:* Add 1 tbsp cocoa or cacao powder to bowl. Gently roll the balls until covered.

### STEP 5

Freeze on parchment lined cookie sheet until firm about 15-30 min.

### STEP 6

Store in storage container in the freezer or refrigerator. Makes 12-14 small energy bites.



## NUTRITION FACTS

Serving Size: 2 bites.

Per Serving: Calories 206, Total fat 14 g, Total carbohydrates 14.6 g, Protein 5 g, Sodium 50 mg, Fiber 4.6 g, Iron 2.6% Potassium 212 mg.



**Wisconsin Athletic Club**

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