



Allergen-friendly Energy Bite Recipe

Ingredients

45 grams IntegriPure® Milled Chia
47 grams IntegriPure® Milled Flax
47 grams Heat Treated Sorghum Flour
70 grams SunButter®
70 grams Honey

Yield: 21 bites

1. Mix dry ingredients (reserving 25 grams of milled chia for later).
2. Add SunButter and honey; stir for 2-3 min until well-combined and the mixture pulls away from the sides of the bowl.
3. Roll into 1-inch balls (12 grams each) and gently coat/roll in milled chia.
4. Refrigerate in air tight container for 1-2 hours.