



Allergen-friendly Energy Bite Recipe

Ingredients

65 grams IntegriPure® Milled Chia
35 grams IntegriPure® Milled Flax
225 grams rolled oats
35 grams dried fruit
(cranberries, raisins, apricots)
80 grams honey, maple or date syrup
60 grams melted coconut oil
5 ml vanilla extract
1.25 grams salt

Yield: 10 bars

1. Preheat oven to 350 degrees F (175 degrees C). Line an 8x8 inch baking pan with parchment paper.
2. In a large bowl, combine the oats, milled chia, milled flax, dried fruit and salt.
3. In a separate bowl, whisk together the honey or syrup, coconut oil and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and stir until well combined.
5. Press the mixture evenly into the prepared baking pan.
6. Bake for 20-25 minutes, or until golden brown.
7. Let cool completely in the pan, then cut into bars.