

KINECTED



MANAGE CRAVINGS WITH THIS ENERGY BOOSTING RECIPE

For Educational Purposes Only. Not Intended To Be Used As A Substitute For Professional Advice. Please Check With Your Doctor Before Starting Any New Nutrition/Fitness Program.

"Before all else, preparation is the key to success". If Alexander Bell were a teacher on a nutrition plan when he delivered that great quote, he likely would have brought snacks to work with him. The point is, with a great recipe and very little time you can prepare nutritious snacks that will balance blood sugar, decrease cravings and increase the chances of sticking to a healthy eating plan.

Enter Nicole's Power Bites. These are perfect for those in need of a healthier mid-morning or afternoon snack. What makes them so beneficial is that they contain healthy fats, protein and fiber (aka the Big Three). These nutritional components balance blood sugar, improve energy and provide nutrients for brain health. Check out the recipe below and go from hangry to happy with twenty minutes of prep per week. Feel free to super charge this recipe with the addition of 1tbsp of maca powder for a increased energy lift.

INGREDIENTS



2 tbsp Chia seeds

1/2 pint Mixed nuts and seeds. Ideally brazil nuts, pumpkin seeds, almonds, cashews

6 Medjool Dates, pitted

3 tbsp rounded Unsweetened, Organic Cocoa Powder

1 tbsp Coconut Oil

Pinch Pink Himalayan Salt

6 oz Unsweetened Coconut Flakes

1 tbsp Unsweetened Peanut Butter

1/4 cup Old Fashion Oats

1 tbsp Local Honey or Maple Syrup

Yield: 30 small balls. Will keep for 5 days in the fridge. Also freeze well.

INSTRUCTIONS



1. Blend flax seeds first in a dry blender or food processor until powdered.

2. Then add all ingredients - expect coconut flakes - and blend until well incorporated.

3. Roll into small balls with your hands, pressing together to firm.

4. Add coconut flakes to a bowl and roll each ball in flakes until covered.

5. Place in the fridge to firm.