

High Protein Energy Bites

Preparation: 10 minutes

Yields: 20-25 bites

Serving Size: 1 ball

Ingredients	
1 cup crispy puffed rice cereal	1/2 cup chopped unsalted pretzels
1/2 cup peanut butter	1/4 cup honey
1/2 cup semisweet chocolate chips	1/4 cup dried cranberries
1/2 cup almonds, roughly chopped	1/4 cup ground flaxseed
	1 Tbsp. chia seeds (optional)

Directions

Stir all ingredients together in a large bowl until evenly coated. Cover and refrigerate for 1-2 hours. (This step makes the mixture easier to shape.)

Remove and shape into small 1-inch balls, or press into the bottom of a parchment-lined baking pan to make granola bars.

Enjoy immediately, or refrigerate in a sealed container for up to 2 weeks.

**It is not essential that these be refrigerated, but it helps the balls to keep their shape.

Nutrients per Serving: Calories: 118, Protein: 3.2 g, Carbohydrates: 12 g, Fat: 7.3 g, Cholesterol: 0 mg, Sodium: 20 mg, Potassium: 103 mg, Phosphorous: 62 mg, Calcium: 17 mg, Fiber: 2 g

Renal and diabetic food choices: 1 starch, 1 fat, 1/2 protein

Adapted from www.gimmesomeoven.com