

No-Bake Cherry Nut Energy Bites

The holiday season has officially come to an end. It's time to leave behind the treats and get yourself back on track. Nutrition is such a key part of life. It really plays an important role in how you look, feel and function. It's hard to detox from all the sugar from the holiday season. If you still have some lingering sugar cravings, make these energy bites. It's two bites per serving and it will satisfy any sugar craving you have. I added a little dark chocolate to the recipe. Delicious! Enjoy.

xoxo,
Kristin

1) Place all the ingredients in a food processor and pulse until very finely chopped. Test the mixture by grabbing some of it with your fingers and checking whether it sticks together. If it still crumbles a lot, keep processing. Add in the chocolate chips the last few pulses on the food processor.

2) Scoop out 2 tablespoons of the mixture and use your hands to press together into a ball. Repeat with remaining mixture. It will make eight balls total.

Recipe from The High Protein Vegetarian Cookbook, serves 4