

st. patrick's day energy bites

St. Patrick's Day! Do you do anything to celebrate? Eat corned beef and cabbage? I am only half Irish even though I look full blooded Irish. Growing up we always went to my grandmother's house (mind you my Italian grandmother) for corned beef and cabbage on St. Patrick's Day. Everyone should have something green on St. Patrick's Day. These energy balls are just that: green! No they aren't a fake green color; these energy balls get their green color from the kale/spinach. YUM!!! You may be wondering what spelt flour is. Spelt is actually in the grain family but is gluten free. So these energy balls are gluten free! Cindi made these energy balls and they were freaking delicious! I got the recipe from her. She's a great baker ☐ Thanks Cindi. I hope you enjoy these as much as I did! Enjoy!

xoxo,

Kristin

- 1) Preheat oven to 325 degrees.
- 2) In a one cup dry measuring cup put the 1 scoop of protein powder. Fill the rest of measuring cup with the flour.
- 3) Throw all the ingredients, except the chocolate chips, into a food processor and process until blended. It should resemble a cookie dough mixture. If it's too dry then add 1 tbsp at a time of additional milk until it comes together.
- 4) Remove the dough from the food processor and stir in the chocolate chips.

5) Roll into golf ball size balls and place on cookie sheet. Bake for about 10-13 minutes. They may look under baked when you remove them from the oven but let them cool on the cookie sheet for about 10 minutes and they will firm up.

Recipe from Cindi