



## Luke's Protein Bites

These no bake cookies are filled with protein, fiber, omega 3 fatty acids and much more. They make a great snack and always satisfy a sweet tooth!

### **Yield:**

Approximately 20-25 balls

### **Ingredients:**

- 1 cup peanut butter
- 2 cup oats
- 1/2 cup dried cranberries
- 1/2 cup unsweetened coconut
- 1/2 cup cacao chips
- 2 tablespoons ground flax seeds
- 1/2 cup sunflower seeds
- 1/3-1/2 cup maple syrup (or fresh dates for sweetener)

### **Directions:**

In a food processor, pulse the oats, peanut butter, maple syrup, cacao chips, cranberries, sunflower seeds, coconut, and flax seeds until fully combined. If you don't have a food processor, you can just mix all ingredients together in a large bowl by hand. Refrigerate dough about 30 minutes until easy to handle. Form balls from the mixture and place them on a baking sheet lined with parchment paper. Refrigerate and enjoy!