



Almond Energy Bites

These Keto Energy Bites are the perfect on the go snack. Prep them ahead of time and store them in the freezer. I love that this is a recipe where you dump all the ingredients in a bowl, mix and scoop! We use a cookie scoop to make it faster. Then, store in the freezer. Perfect for an afternoon snack... and kid friendly!

They have two unique ingredients that include Sliced Almonds and Hemp Hearts that make for a very nutrient dense snack and taste absolutely delicious.

Recipe:

2 Tbsp Butter (Melted)
1/2 Cup Peanut Butter
2 Tbsp Sweetener
1/3 Cup Hemp Hearts
1/4 Cup Ground Flax Seed
1/4 Cup Chocolate Chips
1 Cup Sliced Almonds

Optional: 1/4 Cup Unsweetened Shredded Coconut

Mix peanut butter, butter and any keto friendly sweetener together, then fold in other ingredients. Once mixed use a cookie scoop to make a perfect bite size ball and place in the fridge for 1 hour and enjoy.



The Keto Dad Tips and Tricks:

- Use slivered Lupin Flakes instead of almonds for a higher protein content
- Use any keto friendly Sweetener. We used a monk fruit / erythritol combo
- Shredded coconut is optional
- Store in the Freezer for up to 3 months
- Serving Size 8

Macros: Calories: 224 Fat: 20g, Carbs: 9g, Fiber: 5g (Net Carbs 4), Protein: 9g

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