



# Lupin Flake Keto Energy Bites

These Keto Energy Bites are the perfect on the go snack. Prep them ahead of time and store them in the freezer. They have two unique ingredients that include Lupin Flakes 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 **Lupin Flakes**

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 almonds instead of Lupin Flakes, macros will change!
- Hemp hearts are a delicious keto friendly seed and have a delicious nutty taste. You can grab them in most health food sections or online at companies like **Heart of Montana** Hemp. These do not contain CBD or THC.
- Use any keto friendly Sweetener
- Shredded coconut is optional
- Use any nut butter you like!
- Store in the Freezer for up to 3 months

Serving Size 8

Macros: Calories: 224 Fat: 17g, Carbs: 12g, Fiber: 9g (Net Carbs 3), Protein: 13g

**SimpleFunKeto.com**

Facebook: The Keto Dad Instagram: @theketodadlife YouTube: The Keto Dad