

Published September 15th, 2021

## Energy bites pack flavorful punch

By Susie Iventosch



Almond Butter Energy Bites Photo Susie Iventosch

- 1/4 teaspoon salt
- 1/3 cup pre-toasted chopped pecans
- 1/4 cup sesame seeds
- 1/4 cup raisins (or currants)
- 1/3 cup dried cranberries
- 1/4 cup light brown sugar
- 1 tablespoon raw millet or quinoa for crunch
- 1 tablespoon honey
- 1/2 teaspoon pistachio oil or coconut oil

### DIRECTIONS

Place all ingredients except the oil in a mixing bowl. Rub your hands (or a wooden spoon) with the pistachio or coconut oil and mix everything together until thoroughly integrated. Note - It will take a few minutes in order to get the almond butter blended into the other ingredients.

Shape the mixture into balls. Store them in an airtight container in or out of the refrigerator for up to a week. Enjoy your burst of energy!)



Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com). If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>

These little nuggets are full of energy, made with so many delicious nuts and seeds! They are crunchy and creamy, and salty and sweet, and tasty and healthy and easy ...oh my! They are super flavorful, made with almond butter, oats, raisins, dried cranberries, toasted pecans, sesame seeds, honey, and raw millet, which adds an unexpected extra crunch. If you need a quick "pick-me-up" for a sluggish afternoon at the office, they are the perfect snack. They're also terrific for lunch, after school, or to take on an outdoor adventure. The other day, I packed one with me on a long bike ride, and it was just what I needed halfway through the journey. As it sat in my backpack it warmed up a little and was extra creamy and yummy. The kids will love them, and my own grown up kids can't seem to get enough of them, so I expect they are great for adults, too!

### INGREDIENTS

- 3/4 cup old fashioned oats
- 1/2 cup almond butter

Reach the reporter at: [suziven@gmail.com](mailto:suziven@gmail.com)

[back](#)

Copyright © Lamorinda Weekly, Moraga CA