



BLUEBERRY BLAST PB&J ENERGY BITES

SERVES: PREP TIME: COOK TIME:
16 | 10M | 0M

DAIRY FREE GLUTEN FREE VEGAN VEGETARIAN

INGREDIENTS:

¼ Cup Crofter's Organic Premium Blueberry Blast Fruit Spread

1 ½ Cup Gluten Free Rolled Oats

2 Tsp Chia Seeds

2 Tsp Flax Seed Meal

1 Tsp Ground Cinnamon

½ Cup Smooth Nut Butter

DIRECTIONS:

1. Add all ingredients (Crofter's Organic Premium Blueberry Blast Fruit Spread, gluten free rolled oats, chia seeds, flax seed meal, cinnamon, and smooth nut butter) into a large mixing bowl. Mix together well with a spatula.
2. Next, grab about 2 Tbsp worth of the mixture. Roll and compact in between your hands until a smooth ball is formed. If you find that the mixture is sticking to your hands, simply coat your hands very lightly with olive oil to help the mixture not stick.
3. Once you have rolled the mixture into bite sized balls, store in an air-tight container until ready to eat. Enjoy!