

# Superfood Energy Bites

## Ingredients

- 1/4 cup almond flour
- 3 tablespoon nut/seed butter
- 1 tablespoon honey or maple syrup
- 2 tsp cacao powder
- 1/2 - 1 tsp maca powder (optional)
- 1 tbsp topping- cacao nibs, coconut or hemp seeds



## Instructions

- In a bowl, combine almond flour, cacao powder, and maca powder (if using). Stir well.
- Add nut/seed butter and honey (or maple syrup). Mix thoroughly until everything is well combined. The dough should be slightly moist and stick together easily.
- Roll the mixture into six 1-inch balls.
- Roll each ball in your chosen topping for extra texture and flavor.
- Enjoy immediately or refrigerate for 1 hour for a firmer texture. Store leftovers in an airtight container in the fridge for up to 1 week.



# Nutrient Highlights:

## *Almond Flour*

- High in monounsaturated fats and magnesium, which can help lower LDL cholesterol and support heart function.

## *Nut/Seed Butter*

- Provides omega-3 fatty acids and plant sterols that can improve cardiovascular health and reduce inflammation.

## *Cacao*

- Rich in flavonoids that can improve blood vessel function and lower blood pressure. Cacao also contains magnesium, which can help regulate blood pressure.

## *Matcha*

- Contains catechins that can reduce LDL cholesterol and support healthy blood circulation.

## *Golden Milk (turmeric, ginger, cinnamon, black pepper)*

- Supports heart health with turmeric to reduce inflammation, ginger to improve circulation, cinnamon to lower cholesterol and blood sugar, and black pepper to enhance nutrient absorption.

## *Maca*

- An antioxidant-rich adaptogen that can help balance blood sugar and support metabolic health.

## *Hemp Seeds*

- High in omega-3 fatty acids, which can support heart function.

## *Coconut*

- Contain medium-chain triglycerides (MCTs), which can support metabolism and energy production.

*Note: This information is not meant as medical advice or an alternative to treatment by a doctor*

