

Energy-Packed Breastfeeding Snacks

Written by Alyssa Bascue on February 14, 2022

Choosing Ingredients

I prefer crunchy peanut butter, but I've substituted almond and cashew butter. Whole oats compared to rolled or quick oats still have the groat (the whole, unbroken grain). They aren't as processed and a great source of fiber and plant-based protein. Chia seeds* are packed with antioxidants, fiber, and Omega-3 fatty acids, so are a high mucilage superfood. Flax* meal, rich in fats and nutrients, is an excellent addition. I always include psyllium husk* to act as a binding agent and to get all those beneficial, demulcent properties.

Energy-Packed Breastfeeding Snacks

Makes about 25 snack-bites.

Ingredients

- 1 cup organic peanut butter (or any nut butter of choice)
- 1/2 cup raw, local honey
- 1 tsp. organic vanilla extract (try making your own!)
- 2 cups whole organic oats
- 1/4 cup organic chia seeds*
- 1/4 cup organic flax meal*
- 2 Tbsp. organic psyllium husk*
- 1 tsp. fine sea salt* (optional)
- 1/2 cup chopped organic walnuts or pecans
- 1/2 cup chopped organic dried cranberries
- 1/2 cup chocolate chips or organic cacao powder* (optional)

Directions

1. Mix peanut butter, honey, and vanilla until well combined.
2. Add oats, chia seeds, flax meal, psyllium husk, and optional salt. Mix thoroughly.
3. Fold in chopped nuts, cranberries, and optional chocolate chips or cacao powder.
4. Use a melon baller or soup spoon to scoop "dough" and use your hands to roll into 1- to 2-inch balls.
5. Store in an airtight container or bag in the fridge for 1 week or in the freezer for up to 2 months.

Other Organic Ingredients to Add & Substitute

- 2 Tbsp. brewer's yeast
- 2 Tbsp. organic hemp seed hulled*
- 1/2 cup dried raisins, dates, blueberries, or apricots (coarsely chopped)
- 1/2 cup chocolate chips (semi-sweet or dark chocolate)
- 1/3 cup organic coconut flakes* (more if you want to coat the balls)

Spices for Energy Bites (Totaling no more than 1 tsp.)

- Organic sweet cinnamon powder*
- Organic pumpkin pie spice*
- Organic ginger root powder*

Pro Tips

- If the mixture is too sticky when you start rolling them into balls, add more oats. If it's too dry and not staying together, add more peanut butter or honey.
- Keep your water bottle close at hand. With all the peanut butter, flax meal, and psyllium husk, you'll want to stay hydrated!

**These high-quality, organic ingredients can be found at www.mountainroseherbs.com.*