

# AMG Power Bites

From: UCLA Teaching Kitchen Prep Time: 30 minutes

Serves: 1 dozen bites

Cook Time: n/a



## Ingredients

- 2/3 cup creamy low sugar peanut butter
- 1/2 cup dark chocolate chips
- 1 cup old-fashioned oats
- 1/4 cup ground flax
- 1/4 cup almond meal
- 2 Tb honey or maple syrup

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## Instructions

- Combine all ingredients in a medium bowl and stir to combine. Place in the fridge to chill for 15-30 minutes before scooping to make it easier to roll
- Scoop and roll into 12 bites and store in the fridge for up to 1 week

## Notes

Almonds, dark chocolate, peanut butter, flax, and oats have all been found to increase focus and energy!