

RECIPE

Healthy cookie dough bites



Nutrition

Serving: 1g | Calories: 185kcal |
Carbohydrates: 20g | Protein: 5g | Fat: 10g |
Fiber: 2g | Sugar: 10g

Ingredients

- 1 cup oat flour
- ½ cup nut butter
- 3 tablespoons maple syrup
- 1 tablespoons water
- ⅓ cup mini chocolate chips
- Sea salt, to taste

Instructions

1. Mix all the ingredients together in a bowl until well combined.
2. Roll into balls and serve at room temperature or store in the fridge or freezer. (Chill in the fridge for 30 minutes if too wet to roll.) If eating from frozen, defrost for a few minutes to allow them to soften before eating.