



# Indigo Herbs Natural Health Guide

## Almond & Cranberry Energy Bites



### Ingredients

- 100g (1 cup) porridge oats
- 30g (¼ cup) flaked almonds
- 40g (¼ cup) dried cranberries
- 1 tsp organic raw banana powder
- 6 tbsps hazelnut butter
- 2 tbsps runny honey

### Method

- Mix together all of the ingredients in a bowl to form dough.
- Place into the fridge to chill for half an hour.
- Form into bite sized balls; this batch will make around 20 – 25 depending on the size of the balls you make.
- Keeps for about a week in an airtight container in the fridge – but they probably won't last that long!