



COMMUNITY KITCHEN RECIPE

Blueberry Lemon Energy Bites

INGREDIENTS:

¾ cup quick cooking oats
½ cup rolled oats
4 tablespoons honey
Juice and zest of 1 lemon
1 cup almonds
½ cup dried blueberries
¼ cup chia seeds (or substitute ground hemp seeds or flax seeds)



PREPARATION:

1. In a food process or blender, process the almonds. Add the honey, chia seeds, lemon juice and the zest and process for 1-2 minutes.
2. Add the oats in batches, (about ¼ cup a time) and process until the mixture is smooth.
3. Pour the mixture into a bowl and fold in the blueberries. Roll into 1-inch balls and refrigerate for 1 hour and enjoy! You can also bake them for 6-8 minutes at 350°F.

Chocolate Peanut Butter Energy Bites

INGREDIENTS:

¾ cup quick cooking oats
½ cup rolled oats
3-4 tablespoons pure maple syrup
½ cup dark chocolate chips
½ cup peanut butter (or substitute your favorite nut butter)
1 teaspoon vanilla extract
1 tablespoon chia seeds (or substitute ground hemp seeds or flax seeds)



PREPARATION:

1. Combine all ingredients and roll into 1-inch balls.
2. Enjoy as is! You can also bake them for 6-8 minutes at 350°F and enjoy them warm.

For more information on the Food Bank and our Community Kitchen culinary job training program, please visit www.rifoodbank.org.