

Green Monster Superfood Protein Bites

Try these tasty green orbs out the next time you want a power-packed snack!

To make: In a food processor, puree 1/4 cup almond butter with 1/2 cup oats, and 1/4 cup hemp seeds. Add 2 tbsp. chia seeds, 2 tbsp. spirulina (trust us!), 1/2 cup dates, figs, or raisins, 1/4 cup pumpkin seeds, and process until you get a delicious (bright green!) dough. Roll into 1 inch bite-sized balls, refrigerate for 20 minutes or freeze for 10 minutes to harden, remove and serve. You can also add other fun ingredients like goji berries, superfood powder or spices like cinnamon and ginger.

These protein bites are great to enjoy pre or post workout and also keep you satisfied and energized for hours on end! Depending on how many you eat, the protein content will differ, but each bite will at least lend 5-8 grams of protein if you use the ingredients above.

Fun Fact: Plant-based proteins like oats, spirulina, chia seeds, hemp seeds, and leafy greens can help you stay energized, full, and they also stimulate the body's natural detoxification process to remove harmful acids that can come from eating animal proteins. They also cleanse the body naturally, and even help add texture and flavor to your foods.