

# Oatmeal Raisin Bliss Bites

easy | **RECIPE**



1 cup large flake  
**rolled oats**

$\frac{1}{2}$  cup ground **flax seeds**

2 tbsp **honey**

$\frac{1}{2}$  cup **almond butter**

$\frac{1}{4}$  cup **raisins**

Line a baking sheet with parchment paper. In a large bowl, combine oats, almond butter, flax, honey and raisins. Mix well until oats stick together and mixture is uniform. Using a rounded tablespoon, scoop oat mixture and roll tightly into bite-sized balls, using your hands. Place bites on parchment paper. Freeze for 2 hours. Store in a freezer-safe container. Eat them defrosted or right out of the freezer.

**Makes 12 bites. Per serving (1 bite):**

132 calories | 4g protein | 8g total fat | 1g saturated fat | 4g mono fat | 3g poly fat  
0mg cholesterol | 14g carbohydrate | 5g sugar | 3g fiber | 2mg sodium