

RECIPE

Breakfast Bites with Nutella®

Easy

10 min



INGREDIENTS

for 8 portions

$\frac{3}{4}$ cup (175 mL) ground almonds

$\frac{1}{2}$ cup (125 mL) vanilla or chocolate protein powder

$\frac{1}{4}$ cup (60 mL) apple butter

$\frac{1}{4}$ cup (60 mL) unsweetened desiccated coconut

$\frac{1}{4}$ cup (60 mL) quick-cooking rolled oats

3 tbsp (45 mL) pure maple syrup

$\frac{1}{2}$ tsp (2 mL) ground cinnamon

$\frac{1}{3}$ cup (75 mL) Nutella®



To prepare this delicious recipe, 1 tsp of Nutella® per person is enough to enjoy!

STEPS

- 1** In a food processor, place almonds, protein powder, apple butter, coconut, oats, maple syrup, and cinnamon; pulse until mixture comes together.
- 2** Form into 16 balls.
- 3** Serve 2 Nutella® Energy Bites with 2 tsp (10 mL) of Nutella®, fresh fruit or 100% fruit juice and milk for a complete breakfast. Great to make ahead and have on hand for a fast breakfast or snack!