

PROTEIN PB BITES

A healthy version of what some may call a Reese's PB cup...but oh, so much better! It's filled with a delicious serving of collagen...in my book it's hard to enjoy it any other way.

SERVINGS	SERVING SIZE	TIME TO MAKE
18	1 Bites	10 MINUTES+FREEZING

INGREDIENTS

- 1/2 Cup Collagen Powder (Essential Stacks Gut Collagen)
- 1/2 Cup Almond Flour
- 1/2 Cup Peanut Butter
- 1/4 Cup Maple Syrup
- 3 Tablespoon Agave Syrup
- Pinch Salt
- 1 Cup Chocolate Chips
- 1 teaspoon Coconut Oil

DIRECTIONS

1. Place parchment paper onto baking sheet (small enough to fit onto freezer shelf)
2. In a medium size bowl, mix together everything except the chocolate & coconut oil
3. Place 1 Tablespoon of mixture onto baking sheet
4. Place baking sheet into freezer, lying flat
5. Freeze for 2 hours or until desired effect (hardened to continue to next step)
6. Place chocolate chips into microwave safe container (glass jar or place on double boiler and add coconut oil until melted and mixed). If using microwave, place parchment paper over bowl and heat on half speed for 20 second intervals
7. Remove and add coconut oil, stir until mixed well
8. Allow chocolate to cool down for a few minutes and remove bites from freezer
9. Dip bites into chocolate mixture & place back onto parchment lined baking sheet(s)
10. Place back into freezer for 1 hour or until desired effect
11. Remove and place inside freezer safe container and can be stored in fridge or freezer until ready to eat (can last up to 1 week)
12. Enjoy!

Nutritional Information per serving: 128 Calories, 72 grams Fat, 8 gram Saturated Fat, 0 mg Cholesterol, 53 mg Sodium, 8 grams Total Carbohydrates, 1 gram Fiber, 5 grams Sugar, 7 grams Protein, 0% Vitamin A, 0% Vitamin C, 1% Calcium, 3% Iron