

Macro Energy Bites

Portable bite-sized snacks to power your work day

FEELING PECKISH THROUGHOUT THE DAY?

Choose snacks high in protein, fats, and fiber.

All of these macronutrients take longer to digest than simple carbohydrates and therefore provide more sustained energy. They also keep you feeling satisfied longer, holding off the craving for more snacks.

EAT MINDFULLY

These bites are calorie dense—so this is a good opportunity to practice mindful eating.

Since protein, fat, and fiber takes a bit longer for our bodies to process, we make these snacks bite sized for a reason. Start by eating one or two and wait 20-30 minutes to see how they effect your energy and hunger level before eating more.

BATCH PREP

Make, Freeze, Grab, & Go!

One jar of nut butter can make up to 25 bites, depending on the size you make them. Grab one or two jars of nut butter and make a large batch. Leave out what you need for the next few days and store the rest in the freezer. Pull out what you need for the day and bring them to work or school or on a road trip.

PRACTICE TASTING

Taste as you make to make sure you like the flavor!

Nothing worse than making a big batch of snacks for your freezer only to realize you don't enjoy eating them.

1. Start with a base you know you like.
2. The first few times you make them, stick to flavors you enjoy.
3. Once you get in the habit of eating these for snacks, get creative by adding new herbs, spices, and powders. There is room for plenty of creativity, and if you're not feeling inspired google "bliss balls" or "power balls" for recipe ideas.

INGREDIENT IDEAS

The Basics

- Nut or seed butter
- Binding agents: ground flaxseed, chia seed, oats
- Sweetener: maple syrup, honey, dates

For Texture

- Nuts: almonds, cashews, pecans
- Seeds: hemp, sunflower, pumpkin, sesame
- Coconut flakes
- Dried fruit
- Chocolate chips

For Resiliency

- Spices: chili, cinnamon, ginger, turmeric, pumpkin pie spice
- Medicinal herbs: ashwagandha, dandelion, mushroom powders, cacao powder



INGREDIENT INFO

- **Oats:** Oats contain a viscous soluble fiber called beta-glucan that has been shown to improve many aspects of metabolic disease including insulin resistance, dyslipidemia, hypertension, and obesity.
- **Coconut Flakes:** Coconut meat is more than 80% fat, about 70% of which is medium-chain triglyceride (MCT) saturated fat, different than saturated fat found in animal sources. MCT is quickly absorbed and metabolized by the liver, burning more calories than the fat contains.
- **Chia Seeds:** Best known as a fantastic plant source of omega-3 fatty acids, chia seeds have antioxidants and their fiber content is very high. Health benefits include improving insulin sensitivity, supporting bone health, and lowering risk of heart disease. It's also a complete protein!
- **Flax Seeds:** Flax is commonly used to regulate bowel movements as it is a good source of both soluble and insoluble fiber. It's also a good plant source of thiamine and omega-3 fatty acids. Flax has 75-800 times more cancer-fighting lignans than any other plant food.
- **Hemp Seeds:** Rich in protein, fiber, and omega-3 fatty acids, hemp has been shown to promote nitric oxide which reduces blood pressure and reduce inflammation with gamma-linolenic acid. Hemp seeds are about 30% protein by weight, more than chia and flax seeds.
- **Pumpkin Seeds:** Rich in cell-protecting antioxidants, nerve-calming magnesium, blood-nourishing iron, muscle-building protein, immune-strengthening zinc, and heart healthy polyunsaturated fatty acids.
- **Ashwagandha (*Withania somnifera*):** an important herb in Ayurvedic tradition used to build resilience to stress, increase energy, and improve concentration.
- **Chile:** Capsaicin is an antioxidant, releases somatostatin, and literally builds tolerance to pain. It increases body temperature and metabolic rate, decreases appetite, and stimulates blood flow.
- **Cinnamon:** This spice is most famous for its role in regulating blood sugar, long-term and in immediate post-meal highs.
- **Cocoa:** Full of nitric-oxide boosting, artery protecting flavanols. High consumption of cacao is great for blood flow in general but also to help the brain battle brain fog.
- **Ginger:** Gingerols, the phytonutrients that give ginger its delicious warm heat, are also antioxidant, anti-inflammatory, anti-bacterial, and anti-viral. Ginger helps stimulate circulation which delivers these healing properties to painful joints.
- **Turmeric:** One of the most popular medicinal spices, turmeric contains curcumin. It is a powerful anti-inflammatory antioxidant, stimulates circulation, and has been used in traditional medicine for hundreds of indications. Sneak it into everything!