



KIDNEY-FRIENDLY & HEART-HEALTHY

# Energy Bites

Makes 12 servings



## INGREDIENTS

- ½ cup natural creamy peanut butter, unsalted**
- 2 tbsp honey**
- ½ cup old fashioned oats**
- ¼ cup chia seeds**
- ¼ cup dried coconut flakes, unsweetened**

## DIRECTIONS

In a large bowl, add the peanut butter and honey. Mix well until combined.

Add the oats, chia seeds, and coconut flakes to the bowl. Mix again until all ingredients are combined.

Place the mixture in the refrigerator and let it sit for about 10 minutes to firm up.

Once the mixture has hardened, roll it into small bite-sized balls.

Enjoy!

<b>Nutrition Facts Per Serving</b> (1 ball)	Calories	110
	Carbohydrates	9 g
	Protein	3 g
	Total Fat	7 g
	Phosphorus	49 mg
	Potassium	92 mg
	Sodium	2 mg

*The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.*

Recipe *of*  
The Month