



## Cookie Dough Energy Bites

In a medium bowl, mix the following until even:

4 TBSP Vital Proteins Collagen Peptides

1/3 cup coconut flour

### In Blender:

Blend ¼ cup nut butter of choice, ¼ cup unsweetened apple sauce, and ¼ cup 100% pure maple syrup, (optional splash of vanilla extract.)

Pour wet ingredients from blender into dry ingredients. Stir until evenly mixed and firm “dough ball” is formed. Fold in flavors of choice i.e. nuts, chocolate chips, cinnamon, cacao, shredded coconut etc.

Roll into 1 inch balls and set in fridge for 10 min. Enjoy!

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