



Peanut butter & chocolate raw bite

MAKES 25 PORTIONS

INGREDIENTS

250g Crunchy peanut butter

200g Porridge oats

180g Honey

60g Dried cranberries

60g Sunflower seeds

50g Dark chocolate, grated or nibs (min 53%)

30g Linseed

METHOD

1. Add the ingredients into a mixing bowl leaving the honey to last.
2. Mix well until combined
3. Spoon out into 33g portions.
4. Wet your hands slightly (to stop the mix sticking) and roll them into tight little balls.

EATING AND STORAGE:

Store in a sealed container for up to 5 days or freeze them and enjoy later.

Contains



May Contain

