Energy Bites
Yield 32 Pieces
Ingredients:
1 cup greek yogurt
1 1/2 small banana pureed
1/2 cup peanut butter
1/3 cup maple syrup
1 teaspoon almond extract
1 egg and 1 egg white beaten
1 1/2 cups oats (not quick oats)
1 cup brown rice flour
2/3 cup sliced almonds
2/3 cup unsweetened coconut flakes
1 cup fresh blueberries
Icing:
3 tablespoons greek yogurt
1 tablespoon maple syrup
Heat oven to 350 degrees. Line a 9 x 13 pan with parchment paper.
Combine yogurt, banana, peanut butter, and maple syrup. Incorporating each ingredient as you go. Add almond extract, and eggs, and stir well. Add oats and flour and make sure all is combined well. Mix in sliced almonds, coconut and fresh blueberries. Do not over mix as your blueberries will burst and turn everything blue!
Spread evenly into prepared pan. Bake until firm approximately 15 minutes. Cool.
Mix yogurt and maple syrup and place in a piping bag (or a ziplock bag with the corner cut off). Drizzle over the top of the bars. Let sit in refrigerator until icing is set. Cut into 32 individual servings.
Store in refrigerator.