

## Chocolate Covered Strawberry Energy Bites

The following recipe is courtesy of Lauren Schulte. To see more of her bites and meals, visit her Instagram [@TheBiteSizePantry](#).

### Ingredients

- ½ cup quick cook steel-cut oats (Almond flour will also work.)
- ½ cup chocolate protein powder
- ¼ cup vital protein collagen peptides
- 1 cup strawberries, diced
- ½ cup chocolate covered almonds
- 10 pitted dates
- 1 tsp. vanilla extract
- 1 tsp. coconut oil
- 1 Tbsp. honey
- Dark chocolate Hershey's Cocoa Powder (for dipping)



### Instructions

1. In a food processor or high-speed blender, combine the oats, protein powder, collagen peptides and almonds. This will help as a base to bind the rest of your ingredients together.
2. Add the strawberries, dates, vanilla extract and honey to the oat mixture and blend until a wet dough starts to form. If the dough is too dry you can add the coconut oil little by little until you reach your desired consistency.
3. Use a tablespoon or ice cream scoop to measure the amount of dough needed for the balls. Then roll the dough around in your palms until a round ball is formed.
4. Place on a baking sheet and refrigerate for an hour.
5. Remove the refrigerated bites and dip one side in the cocoa powder.