 

**Potato Energy Bites**



**Description:** A healthy and portable snack made with simple ingredients, and no refined sugars! Winner of Pre-workout recipe ReDuxChallenge.

**Recipe by:** Emily Cooper, RDN

**Website Link:** <http://sinfulnutrition.com/potato-energy-bites-recipe/>

**Prep Time:** 10 min

**Cook Time:** 0

**Ready Time:** 10 min

**Potato Type:** Russet

**Serves:** 12

**Prep Method:** Mashed

**Course:** Snack

**Ingredients**

* 1 cup rolled oats
* 1 Tablespoon chia seeds
* 1 Tablespoon ground flax
* 1 Tablespoon unsalted pumpkin seeds
* ½ cup dried cherries
* 1 teaspoon ground cinnamon
* Flesh from ½ large russet potato, cooked (about ¾ cup)
* 3 Tablespoons natural peanut butter
* 1 teaspoon vanilla extract
* ¼ cup maple syrup

**Preparation**

1. In a large bowl, combine oats, chia seeds, flax, pumpkin seeds, cherries, and cinnamon.
2. In a separate bowl, mash together potato, peanut butter, vanilla, and maple syrup.
3. Add potato mixture to oats, and stir until fully combined (I like to use my hands to mix).
4. Roll into 12 balls, and store in fridge or freezer for up to 2 weeks.

**Nutrition**

Per ball: Calories 137, Fat: 4 g, Cholesterol: 0 mg, Sodium: 5 mg, Carbohydrates: 22 g, Fiber: 4 g, Potassium: 185 mg, Protein: 4 g, Vitamin C: 2%