



Walnut Brownie Energy Bites

Yield: 12 servings

Ingredients:

- 1 cup raw almond meal
- 1/2 cup cacao powder
- 1/8 teaspoon sea salt
- 1/2 cup pitted Medjool dates
- 2 tablespoons honey (or agave)
- 1/4 cup raw walnuts, crushed
- *Can substitute almonds, cashews, or pistachios.

Directions:

1. Place almond meal, cacao powder, and salt in a large mixing bowl and mix well.
2. Place dates in a food processor and blend until finely chopped, then add to mixing bowl with honey. Stir until everything is combined.
3. Stir in crushed walnuts.
4. Line bread loaf pan with parchment paper.
5. Press mixture into the bottom of pan and chill in refrigerator for 30 minutes.
6. Cut into 12 bars and enjoy!.

Nutrition Facts	
Amount	1 piece
Calories	109
Fat (g)	7
Sat. Fat (g)	1
Carb. (g)	13
Fiber (g)	3
Protein (g)	3
Gluten free, Vegan.	

These “No Bake” walnut brownies are great as an on-the-go snack, a guilt-free dessert, or even as fuel during long workouts or competitions. They provide a good source of dietary fiber, which can help to curb hunger. They are rich in Omega-3 fatty acids, an unsaturated fat that may help alleviate inflammation. Lastly, the brownies are rich in antioxidants which can reduce the oxidative stress associated with prolonged, strenuous exercise. If stored in the fridge, they can last for a week or more.



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