# OIEBN MAGAZINE

ton to MAKE Vegan Sushi

Superfood Infused Coconut and Cacao Donuts

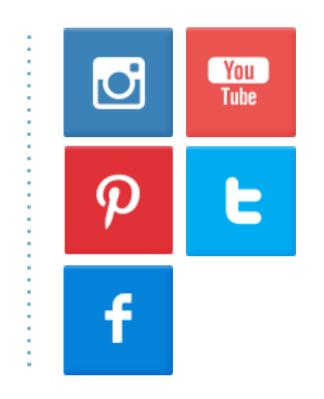
MUST TRY BISS Bal - 4 WAYS!

Party Perfect Spinach Cheese Plante Kolls

#### FLAVOR-FILLED PLANT BASED RECIPES

Kid Approved! Zucchini Tater Tots

## ONE BIE VEGAN MAGAZINE



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### Shane & Simple

#### Peanut Butter Protein Energy Bites By: Shane Martin

#### Makes: 12 Bites Serving Size: 2 Bites

#### **INGREDIENTS:**

- 1 cup rolled oats
- 2/3 cup shredded coconut
- 1/2 cup natural peanut butter or nut butter of choice
- 1/2 cup ground flax seed (flax meal)
- 1/2 cup non-dairy chocolate chips (optional)
- 1/3 cup maple syrup
- 1 Tbsp chia seeds
- 1 tsp vanilla

#### **INSTRUCTIONS:**

- 1. Combine all ingredients in a food processor.
- 2. Blend until the oats are chopped and a dough is formed. Usually about 30 seconds.
- 3. Scoop out 2 Tbsp. of the mixture and form into a ball. Set on a cookie sheet lined with parchment paper.
- 4. Chill in the fridge for about 30 minutes or until ready to eat. Can be kept in the fridge up to a week.





#### **ABOUT THE AUTHOR**

Shane Martin of is a Mississippi born and bred former 300 lb lover of all things Southern, drive-thru, and deep fried, who transformed his life and his family's almost 6 years ago by switching to a plant-based / vegan diet. His recipes are easy, plant-based, and delicious! shaneandsimple.com

