

ONE BITE

VEGAN MAGAZINE

HOW TO MAKE
Vegan
Sushi

Superfood Infused
Coconut
and Cacao
Donuts

MUST TRY
Bliss Ball
- 4 WAYS!

22
FUN-SIZED
FLAVOR-FILLED
PLANT BASED
RECIPES

Kid Approved!
Zucchini
Tater Tots

Party Perfect Spinach Cheese
Pizza Rolls

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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 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

