

# ONE BITE

VEGAN MAGAZINE

HOW TO MAKE  
Vegan  
Sushi

Superfood Infused  
**Coconut  
and Cacao  
Donuts**

MUST TRY  
**Bliss Ball**  
- 4 WAYS!

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**FUN-SIZED**  
FLAVOR-FILLED  
PLANT BASED  
RECIPES

Kid Approved!  
**Zucchini  
Tater Tots**

Party Perfect Spinach Cheese **Pizza Rolls**



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# Omega Bites

By: Trish Hall



**T**hese tasty little power balls will provide you with a great source of Omega-3 fatty acids. According to the National Institute of Health (NIH), Omega-3s are important components of the membranes that surround each cell in your body.

Omega-3s provide calories to give your body energy and have many functions in your heart, blood vessels, lungs, immune system and endocrine system and some studies suggest that people who get higher amounts of omega-3s from foods and dietary supplements may have a lower risk of breast cancer and colorectal cancer.



## Omega Bites

Serving Size 1-2 Recipe  
Makes 40-50

### INGREDIENTS:

- 1 cup raw almonds
- 1 1/2 cups puffed rice
- 1/2 cup rolled oats
- 1 cup sesame seeds
- 1 cup shredded coconut
- 1 cup sunflower seeds
- 1 cup chopped raisins, dried berries or cranberries (or a mix of all)
- 1 cup chopped pitted dates
- 1 cup raw pumpkin seeds
- 3 tbsp flax seeds

- 3 tbsp chia seeds
- 3 tbsp hemp seeds
- 1/2 cup water
- 1 cup peanut butter
- 3/4 cup Bee Free Honee or coconut nectar

### Optional chocolate coating:

- 1/2 cup vegan chocolate chips

### INSTRUCTIONS:

1. Add the almonds to the food processor and pulse until they are broken up a bit.
2. Add the puffed rice, rolled oats, sesame seeds, coconut and sunflower seeds. Pulse until almonds are broken into small bits about the size of the sunflower seeds.
3. In large bowl or the bowl of a mixer (this makes mixing much easier!), add the processed ingredients and set aside.







4. Add dried fruits to the processor and pulse a few times. Add the processed fruits to the mixer bowl. Insert Image "Omega Bites Ground Nuts and Dried Fruit"
5. In a small bowl, add the flax, chia and hemp seeds. Add water.
6. In another small bowl, mix the peanut butter with the Bee Free Honee or coconut nectar.
7. Add the peanut butter and Honee mixture to the bowl of processed ingredients in the mixer bowl.
8. When seed and water mixture has gelled, add it to the other ingredients.



9. Mix slowly until thoroughly mixed and you can form a ball with your hands. Insert Image "Omega Bites in mixer" If necessary, add a little more water if it's too dry. Add a bit more oats if it is too sticky to handle. It will be somewhat sticky, but you should be able to roll into balls without too much build



up on your hands. I use a small cookie scoop or a tablespoon to measure out each ball. (an alternative to ball is to press into a pan and cut squares after chilling). Insert Image "Omega bites pressed in pan"

10. Place balls onto a waxed paper covered sheet pan and place in the refrigerator to chill for about 30 minutes. Insert Image "Omega Bites balls on sheet"
11. If using chocolate, melt in a glass bowl in the microwave or over a pot of boiling water, stirring often until completely melted.
12. Dip the chilled balls or cut squares into the melted chocolate and gently tap off excess chocolate. Insert Image "Omega Bites dipping"
13. Place on a waxed paper covered sheet pan and chill in fridge for 20-30 minutes until chocolate is set. Store in an air-tight container in the refrigerator.



## ABOUT THE AUTHOR

Trish Hall is a gluten-free plant-based vegan blogger who loves to create delicious recipes using whole plant foods. She hopes to help everyone learn how to feed themselves and their families tasty foods that will nourish and heal their bodies.

You can visit her at [yourmomsvegan.com](http://yourmomsvegan.com)

