

# ENDURANCE BITES

## 48 Servings

### INGREDIENTS

- 105g Sprouted Brown Rice Cereal (One Degree Organic Foods)
- 90g Organic Made in Nature Antioxidant Fusion
- 40g Organic Raisins
- 28g Go Raw Sprouted Sunflower Seeds
- 90g Raw Walnuts, crushed into small pieces
- 40g Raw Pecans, crushed into small pieces
- 283g Marshmallows
- 4T Organic Cultured Butter
- 1c Raw Almond Butter

### DIRECTIONS

1. Use 1T butter to grease the inside of 2 mini muffin tins. Set aside.
2. In a large stockpot, over medium heat, melt 2T of butter. Add marshmallows and melt, stirring constantly. Once melted, add almond butter and stir until melted.
3. Remove stockpot from heat. Stir in rice cereal, antioxidant fusion, raisins, sunflower seeds, walnuts and pecans. Stir together until mixed.
4. Use the remaining 1T of butter to grease your hands. Carefully, without burning your hands, press small amounts of the rice cereal mixture into the mini muffin tins until firmly packed.
5. Let the endurance bites cool for 1-2 hours. Store in sealed container for 3-4 days. Endurance bites can be frozen for future use.

### NUTRITION INFORMATION

Serving Size- 1 Bite

Per serving:

Calories- 104

Fat- 6g

Carbohydrates- 10.4g

Protein- 2.4g

\*Get creative and mix up the ingredients. Add coconut flakes for more fat, or use fewer nuts and more dried fruit to more carbohydrates. Think about adding raw honey, chia seeds, sprouted pumpkin seeds, etc.