



PREP
TIME
15 min

COOK
TIME
0 min

TOTAL
TIME
15 min

SERVINGS
6-8

Made with

NatuChips® Plantain Energy Bites

Ingredients

- 1 bag (4.5 oz) NatuChips® Plantain Chips Original
- 1 cup Quaker® Oats-Quick 1-Minute Oats
- 1/2 cup almond butter
- 1/3 cup liquid honey
- 1/3 cup ground flax seeds
- 1/4 cup ground flax seeds
- 1 tbsp chia seeds
- 1 tsp vanilla extract
- 1/2 cup dark chocolate chips
- 1/3 cup chopped dried mango

How to make it

1. In a food processor, pulse NatuChips® Plantain Chips Original until finely ground. Transfer to a large bowl.
2. Add Quaker® Oats Quick 1-Minute Oats, almond butter, honey, ground flax seeds, chia seeds, 2 tbsp water and vanilla. Mix until well combined. Stir in chocolate chips and dried mango.
3. Roll mixture into 1-tbsp balls and arrange on parchment paper-lined baking sheet. Refrigerate for 1 to 2 hours or until firm.



NatuChips® Plantain Chips Original