

Turmeric-Ginger Golden Milk Energy Bites

These energy bites are packed with anti-inflammatory ingredients like turmeric and ginger, providing a convenient and bite-sized way to incorporate these beneficial spices into your diet. They're perfect for a quick on-the-go snack or as a mid-day pick-me-up. Adjust sweetness or spice levels according to your preference.

Ingredients:

- 1 cup rolled oats
- 1/2 cup almond butter or any nut/seed butter of your choice
- 1/4 cup honey or maple syrup
- 1/4 cup ground flaxseed
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- 1/4 teaspoon black pepper (helps with turmeric absorption)
- 1/4 cup shredded coconut (optional, for coating)

Instructions:

1. In a mixing bowl, combine rolled oats, almond butter, honey or maple syrup, ground flaxseed, turmeric, ginger, cinnamon, and black pepper. Mix until well combined.
2. Place the mixture in the refrigerator for 15-30 minutes to firm up slightly.
3. After chilling, remove the mixture from the refrigerator. Using clean hands, roll the mixture into small bite-sized balls.
4. If desired, roll the energy bites in shredded coconut to coat the exterior for added flavor and texture.
5. Place the energy bites on a baking sheet or plate lined with parchment paper and refrigerate for at least 30 minutes to set.
6. Once set, the Turmeric-Ginger Golden Milk Energy Bites are ready to enjoy as a healthy and flavorful snack.

