

RED VELVET PROTEIN BITES



INGREDIENTS:

- 2 Scoops GLAM PRO Ravishing Red Velvet
- 1 Tbsp dark cacao powder
- 1 cup quick oats
- 3 Tbsp coconut flour
- 1 Tbsp ground flax seed
- 1 Tbsp coconut oil
- 1/2 cup unsweetened cashew milk
- *Optional:* 2 Tbsp dark cacao powder to cover outside

DIRECTIONS:

- 1) Mix together GLAM PRO, cacao powder, quick oats, coconut flour, and ground flax seed
- 2) Melt coconut oil and add to dry ingredients. Mix until coconut oil is well incorporated
- 3) Add milk and mix well.
- 4) Allow mixture to sit for ~5 minutes, it will thicken slightly
- 5) Using your hands roll into balls, 1 oz each
- 6) *Optional:* roll each bite over cocoa powder for a velvet look and to prevent them from sticking together
- 7) Refrigerate for 30-45 minutes.
- 8) Store in the refrigerator in an air tight container for up to 5 days. You may also freeze them. Thaw in the refrigerator when you're ready to enjoy them.

Enjoy!

Makes 11 | Serving Size 1 Bite
Calories: 67 | Protein: 4 gm | Carbs: 7 gm | Fat: 2 gm | Fiber: 2 g