

A close-up photograph of several round energy bites in a wire basket. The bites are covered in sliced almonds and other nuts. A wooden handle is visible at the top of the basket.

Juice Plus+ Complete

**Energy Bites
Recipe Book**

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Blueberry Muffin

1 ½ cup oats
½ cup peanut butter
½ cup Cheerios or rice cereal
2 tbsp sunflower seeds
3 tbsp honey/agave nectar
½ cup dried blueberries
1 tsp vanilla
2 scoops Vanilla Complete

Combine all ingredients in mixing bowl and shape into balls. Refrigerate.

Lemon Poppy Seed

2 cups oats
2 scoops Vanilla Complete
6 tbsp lemon juice
6 tbsp water
2 tbsp agave nectar
1 tbsp poppy seeds
1 tbsp lemon zest

Combine all ingredients in mixing bowl and shape into balls. Refrigerate. Add more or less agave nectar depending on how sweet or sour you prefer.

2 cups rolled oats
¼ cup chopped pumpkin seeds
½ cup chopped walnuts
2 tbsp flax seeds
2 scoops Chocolate Complete
1 cup peanut butter or other nut butter
¼ - ½ cup honey
¼ cup coconut oil

Mix dry ingredients in large bowl.
Melt wet ingredients over low heat, add to dry mixture.
Roll into balls then roll in shredded coconut.
Refrigerate.

Mint Chocolate Chip

2 cups rolled oats
3 tbsp cacao powder
1/3 cup peanut butter
3 tbsp honey
3 drops peppermint oil
½ cup mini chocolate chips
2 ½ tbsp water
2 tbsp melted coconut oil
2 scoops Chocolate Complete

In a large bowl mix together all ingredients VERY well with a spatula or wooden spoon.
Roll into balls.
Refrigerate.

Chocolate Raspberry

1 cup rolled oats
1 cup raw cashews
2 scoops Vanilla Complete
8 dates, pitted
1/3 cup unsweetened cocoa powder
1/4 tsp salt
1 ripe banana
1/2 cup freeze-dried raspberries

Place first six ingredients in food processor and blend. Add banana, blend until thick. Roll into balls. Pulse raspberries in food processor. Roll balls in raspberry powder. Refrigerate.

Chocolate Cherry

1 cup rolled oats
1 cups cashews
2 scoops Complete
8 dates, pitted
1/3 cup unsweetened cocoa powder
1/4 tsp salt
1 ripe banana
1 1/2 tbsp nut butter (optional)
1 cup dried cherries

Cut cherries in half. Mash banana into smooth paste. Place first six ingredients in food processor and blend. Add optional nut butter and mix. Add banana and mix. Add cherry pieces and mix until evenly distributed. Roll into balls. Refrigerate.

Double Chocolate Peanut Butter

1 cup rolled oats
1/3 cup honey
2 tbsp chia seeds
2 tbsp ground flax
1 scoop Chocolate Complete
1/2 cup peanut butter
2 tbsp melted coconut oil
1/4 cup mini chocolate chips

Mix all ingredients together in large bowl.
Roll into balls.
Refrigerate.

Peanut Butter Granola

2 cups rolled oats
2 cups rice chex
1 cup peanut butter
3/4 cup honey
1/2 tsp vanilla extract
1 scoop Complete
1/4 cup chocolate chips

Combine peanut butter and honey. Microwave until melted, 30 second intervals. Add vanilla. Mix all other ingredients, add chocolate chips last. Flatten into 9 x 13 pan. Refrigerate 30 min to an hour. Cut into squares. Refrigerate.

Almond Fudge Bars

1 cup ground oats
1 cup rice cereal
1 cup rolled oats
1 scoop Vanilla Complete
½ cup almond butter
1/3 cup honey
1 tsp vanilla extract

Mix first four ingredients in bowl. Melt almond butter and honey on low heat. Add vanilla once melted. Mix melted ingredients with dry mixture. Pour into 8 x 8 pan. Refrigerate 30 min. Optional melted chocolate drizzle. Refrigerate.

Oat Bites

1 cup rolled oats
½ cup shredded coconut
½ cup chopped mix fruit
2 tbsp melted coconut oil
2 tbsp melted dark chocolate
1 scoop Chocolate Complete

Mix all ingredients. Put into molds or roll into balls. Refrigerate.

1 ½ cups rolled oats
2 scoops Vanilla Complete
1 ½ tsp pumpkin pie spice
1/3 cup + 1 tbsp honey
1/3 cup nut butter
1/3 cup pumpkin puree

Mix first three ingredients together. Microwave honey and nut butter for 30 seconds. Add pumpkin, let cool. Combine wet and dry mixtures, form a dough ball. Refrigerate 15 min. Form into smaller balls. Refrigerate.

Pumpkin Chocolate Chip

2 cups oatmeal
2 scoops Vanilla Complete
2 tbsp ground cinnamon
1 cup pumpkin
4 tsp honey
1/3 cup mini chocolate chips

Whisk together first three ingredients. Add pumpkin and honey, mix well. Add chocolate chips. Roll into balls. Refrigerate.

Crispy Chocolate

1 cup Chocolate Complete
1 cup dark chocolate chips
3 cups rice chex
2/3 cup honey
3/4 cup peanut butter

Mix all ingredients. Roll into balls. Refrigerate.

Mocha

1 cup dates, pitted
1 cup cashews
1/2 cup almonds
1/4 cup ground coffee beans
1 scoop Chocolate Complete
2 tbsp coconut oil
Raw cacao (for coating)

Blend coffee beans, dates, and nuts in food processor separately. Add all ingredients to blender and blend together. Roll into balls. Roll in raw cacao.

Peanut Butter Chocolate

16 oz nut butter
1 cup honey
2 scoops Chocolate Complete
3 cups rolled oats

Heat nut butter on low.
Add honey and cool.
Add Complete and mix.
Mix in oats. Roll into
balls. Refrigerate.

One Of Everything

1 cup Chocolate Complete
1 cup nut butter
1 cup brown rice cereal
1 cup rolled oats
½ cup honey
¼ cup chopped raisins
¼ cup bittersweet chocolate chips
½ cup unsweetened coconut

Combine all ingredients.
Roll into balls.
Refrigerate.

1 cup peanut butter
1 scoop Vanilla Complete
¼ - ½ cup honey (preference)
Chocolate Chips (for coating)

Combine first three ingredients thoroughly. Roll into balls. Freeze for 20 min. Melt chocolate. Dip balls in chocolate. Refrigerate.

Coconut & Fruit

1 cup rolled oats
8 dates, pitted
½ cup shredded coconut
½ cup almonds
½ cup raisins

Blend oats, dates, and raisins in blender. Chop almonds. Mix all ingredients in large bowl. Roll into balls. Refrigerate.

Protein Puppy Chow

3 Oz Semi-sweet chocolate
1/4 Cup Natural Peanut Butter
1/4 Cup Honey
1 1/2 Tbsp Coconut oil
1 tsp Vanilla extract
4 1/2 Cups Chex cereal
2/3 Cups either Complete

In a microwave bowl, melt the chocolate, peanut butter, honey and coconut oil. Use 50% power and microwave in 20 second intervals, stirring between each interval, until everything is smooth and melted.

Stir the vanilla extract into the melted chocolate mixture, followed by the Chex cereal. Stir the cereal until each piece is well coated in chocolate.

Place the protein powder into a large, zip-loc bag and then scoop the cereal into the bag. Seal the bag and shake around until the protein powder evenly coats the cereal.

Place Puppy Chow on wax paper lined baking sheets and refrigerate for 1-2 hours.