

Sweet Treat Spring Glow Bites

“Strawberry Coconut Oat Clusters”



Ingredients

- 1 cup rolled oats
- ½ cup unsweetened shredded coconut
- ⅓ cup mashed fresh strawberries
- 2 tbsp maple syrup or honey
- 2 tbsp nut butter (like almond or cashew)
- 1 tsp chia seeds (optional)
- Dash of vanilla extract
- Pinch of sea salt

Directions

1. In a bowl, mix mashed strawberries, nut butter, maple syrup, vanilla, and salt.
2. Fold in oats, coconut, and chia seeds until combined.
3. Scoop into small balls or clusters using a spoon or your hands.
4. Chill in the fridge for 20–30 minutes to set.
5. Enjoy your springtime snack with your tea!
6. Treat Ritual Prompt: What part of me feels like it's coming back to life this season?

xo, Coach Jo