

Tweet Treat Cookie Recipe:

Cozy Treat: “Glow Bites”



Ingredients

- 1/2 cup almond butter
- 1/4 cup oats
- 2 tbsp honey or maple syrup
- 1 tbsp cocoa powder
- Pinch of sea salt
- Optional: a few mini dark chocolate chips or shredded coconut

Directions

1. Mix all ingredients in a bowl.
2. Form into small bite-sized balls.
3. Refrigerate for 15 minutes.
4. Enjoy as a mindful treat after journaling or meditating.

xo, Coach Jo