

GREEN TEA ENERGY BITES

(vegan)

TIME:

- preparation: 5-10 min
- cooking: 0 min
- ready in about: 10 min

INGREDIENTS:

- 2 handfuls of 100 g Brazil nuts
- 3 tablespoons 30 g pumpkin seeds
- 1 handful of 100 g dried apricots
- 3 teaspoons 15 g green Matcha tea
- 2 teaspoons of linseed
- if the mixture is not sticky enough, you can add 1 or 2 tablespoons of fat (e.g. coconut oil)

METHOD:

1. In a food processor blend nuts, pumpkin seeds and linseed well.
2. Then add dried apricots and a tablespoon of matcha tea.
3. Form small balls and coat them in Matcha tea.