

THE 4 WEEK
GUT PROTOCOL™ SET SNACKS RECIPE

GUT CHECK ENERGY BITES

Serves: 22 (1 bite each)



Total Time: 20 min.

Prep Time: 20 min.

Cooking Time: None

1	large ripe banana	¼ cup / 30 g	shelled unsalted sunflower seeds
1 cup / 80 g	dry rolled oats	2 Tbsp.	flaxseeds
½ cup / 60 g	dried cranberries	1 Tbsp.	honey
½ cup / 130 g	all-natural peanut butter	¼ tsp.	sea salt (or Himalayan salt)
¼ cup / 40 g	semisweet chocolate chips		

1. Add banana, oats, cranberries, peanut butter, chocolate chips, sunflower seeds, flaxseeds, honey, and salt to a food processor; cover. Pulse until well combined.
2. With clean, slightly damp hands, roll mixture into 22 golf-ball-sized bites. Refrigerate in an airtight container for up to 4 days.

RECIPE NOTES:

- Be sure to purchase semisweet chocolate chips that are made without dairy to comply with the 4 Week Gut Protocol.
- To make this recipe vegan, swap out the honey for pure maple syrup!

Nutritional Information (per serving):

Calories:	86	Cholesterol:	0 mg	Fiber:	1 g
Total Fat:	5 g	Sodium:	29 mg	Total Sugars:	5 g
Saturated Fat:	1 g	Carbohydrates:	9 g	Added Sugars:	2 g
				Protein:	2 g

PORTION FIX Container Equivalents (per serving)

(REG) ½ 1

THE 4 WEEK GUT PROTOCOL Container Equivalents (per serving)

½ 1

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be 4 Week Gut Protocol-friendly, meaning they do not contain any gluten, dairy, corn, alcohol, artificial sweeteners, or highly processed soy ingredients. These recipes are great to use when following the protocol.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.