



Eat Well. Live Well.

www.AwareHouseChef.com

CONTACT

Hellenic Restaurant:
631 477-0138

www.TheHellenic.com

Peanut Butter Cups

1 Cup [Organic Peanut Butter](#)

1 Cup [Organic Sprouted Oats](#)

½ Cup [Organic Flax Seed Meal](#)

1/3 Cup [Organic Unsweetened Coconut flakes](#)

½ Cup [Organic Mini Dark Chocolate Chips](#)

1/3 Cup [Organic Chia Seeds](#)

2 tbsp. [Raw Organic Honey](#)

Almond Joy Bites

2/3 Cup [Organic Fine Almond Flour](#)

½ Cup [Organic Almond Butter](#)

2/3 Cup [Organic Unsweetened Coconut flakes](#)

1 tbsp. [Maple Syrup](#)

1 tsp. [Vanilla Extract](#)

1/3 Cup [Organic Mini Dark Chocolate Chips](#)

Keto Energy Pops

1 Cup [Organic Almond Butter](#)

1/3 Cup [Organic Hemp Seeds](#)

½ Cup [Lily's Keto Chocolate Chips](#)

2/3 Cup [Organic Fine Almond Flour](#)

1/3 Cup [Organic Unsweetened Coconut flakes](#)

1 tsp. [Vanilla Extract](#)

1/3 Cup [Sliced Organic Almonds](#)

2 tbsp. [Monk Fruit Sweetener](#)

preparation instruction, watch the video on YouTube:

[Power Balls](#)

Youtube.com/AwareHouseChef

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