

CREATION NATION

How to make Protein Balls, Energy Bites & Snack Bars.



POUR one bag of Creation Nation Mix in a mixing bowl + your choice of one or more add-ins from this list (see package for measurements):

LIQUIDS

Applesauce
Banana Mash
Coconut Cream
Coffee / Espresso
Fruit Juice/Puree
Milk (Plant or Dairy)
Pumpkin Puree
Sweet Potato Puree
Water
Yogurt

HEALTHY FATS

Almond Butter
Avocado Mash
Cashew Butter
Coconut Butter
Coconut Oil
Cream Cheese
Ghee
Grass Fed Butter
Hazelnut Butter
Peanut Butter
Sunflower Butter
Tahini

SYRUPS

Agave
Apple Syrup
Caramel Sauce
Cassava Syrup
Coconut Nectar
Date Syrup
Fig Paste
Honey
Maple
Molasses
Rice Syrup
Sugar Free Syrup



With a fork, **MIX AND MASH** until evenly moist – c'mon muscles!



PRESS mixture into a sealable container, or onto a flat surface, and cut bars. For balls, **ROLL** mixture between your hands, or use a small scooper to form bite-sized balls. That's it! (Store sealed & chilled)