

How to make Protein Bars, Bliss Balls, & Energy Bites



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

LIQUIDS

Fruit Juice/ Puree
Veggie Juice
Coconut Cream
Nut Milk
Yogurt
Applesauce
Mashed Bananas
Pumpkin Puree
Coffee Concentrate or Espresso
Tea
Soy or Dairy Milk

HEALTHY FATS

Almond Butter
Coconut Oil
Cashew Butter
Sunflower Butter
Peanut Butter
Grass Fed Butter
Ghee
Coconut Butter
Pecan Butter
Avocado mash (not guac, that's extra ;)

SWEETENERS

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



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 ice cream scooper to form bite-sized balls. That's it!