



Recipe Book

Preparation Time: **10 minutes**
(plus chilling time)

Greek Yoghurt Energy Bites

(Hayatna Greek Yoghurt, Nuts, Honey)

Ingredients:

- ½ cup **Hayatna Greek Yoghurt**
- ½ cup rolled oats
- ¼ cup chopped nuts
(almonds, walnuts, pistachios)
- 2 tbsp honey
- 1 tbsp peanut butter
- 1 tsp cinnamon (optional)



Steps:



1. In a bowl, mix **Hayatna Greek Yoghurt**, oats, nuts, honey, peanut butter, and cinnamon.



2. Stir until the mixture is well combined and holds together.



3. Roll into small bite-sized balls.



4. Place in the refrigerator for 30 minutes to set.



5. Serve as a healthy snack.

