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15 flavorful recipes for high-protein, bite-sized balls of balanced nutrition to increase vitality and wellness.

Keep your blood sugar steady and your energy levels high with the ultimate snack for active lifestyles: protein balls.

Energy Bites features 15 bake and no-bake vegetarian recipes for sweet and savory bite-sized balls to feed your need for a healthy treat. A core of protein-rich ingredients combine with low-GI carbohydrates and healthy fats in frozen avocado balls, yellow lentil seed balls, kale and seaweed balls, and more. Step-by-step photography, explanations of cooking techniques, and a special infographic feature will have you building and creating your own recipes in no time.

Whether you are looking for a post-workout refuel, an intense immunity boost, a healthy midday pick-me-up, or a nutritious on-the-go treat for kids, *Energy Bites* has a super snack that will help you achieve your goal without having to compromise on flavor.

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