



## Cramp-Free Period Energy Bites

20 servings

20 minutes

### Ingredients

1 cup Old Fashioned Oats  
2/3 cup Toasted Shredded Coconut  
(sweetened or unsweetened)  
1/2 cup Creamy Peanut Butter  
1/2 cup Ground Flaxseed  
1 cup High Quality Milk Chocolate  
Chips (I like Ghirardelli or Guittard. You  
can use semi-sweet or keto chocolate if  
you want too. I'm sticking to my milk  
chocolate :))  
1/3 cup Honey  
3/4 tsp Chia Seeds  
1 Teaspoon vanilla Extract  
2 scoops Vanilla Protein Powder (I like  
Great Lakes Quick Dissolve Vanilla  
Collagen Peptides. Plant based protein  
powder will not work as well.)

### Directions

- 1 Stir all ingredients together in a large mixing bowl until thoroughly combined.  
;
- 2 Roll into mixture into 1-inch balls.  
;
- 3 If needed, add in 1-2 tsp of water at a time to make the dough stick together  
better.  
;
- 4 Warning: your family will eat these immediately if you leave them on the  
counter, so make a double or triple batch. They last a week in the refrigerator,  
they travel well, and they last up to a month in the freezer. I usually make a triple  
batch.

### Notes

**Period Cramp Lifesaver:** One month, we made a lot of these Energy Bites. My teenagers love them as fuel before or after sports practices. I would eat one or two every day, and when my period showed up, I noticed that I had zero cramps. Zero. The flax will do that for you too!

These energy bites contain flaxseed, the estrogen-regulating powerhouse.

Ground organic flaxseed binds to excess estrogen and helps eliminate it from the body.

Cramps, PMS, heavy flow, clots, and irregular cycles are usually associated with too much estrogen in the body. These Cramp-Free Bites are the tastiest way I know to have a smoother period.

It's a bonus that just as your chocolate craving hits each month, you get to actually treat yourself to chocolate each day.

*Pro Tip- put two bites in a ziploc bag and freeze them. If you don't portion these treats out, you might be tempted to eat, like, 5 of them.*

Yes, your boys can eat these too! Mine do! Not only do our young men get exposed to lots of estrogen in their diets and environments, but there are other great nutritional aspects to these Bites as well.

Oats are a good source of soluble and insoluble fiber that helps regulate appetite and digestion. Animal protein-based protein powder helps balance blood sugar, retain muscle tissue, and help build new muscle. Chia seeds help hydrate the body and smooth out digestion.

These Bites are quite forgiving. You can add more or less chocolate. You can sub almond butter for peanut butter. You can omit the chia seeds, or add more.

The honey is an essential part of the texture of the Bites, so don't mess with that ingredient. With the serving size being 1-2 Bites, you're really not getting that much sugar. Whole foods like these Bites also help you naturally regulate your hunger and fullness cues.

When I started eating 1-2 of these each day, my cramps completely vanished. I didn't even know my period was starting. They can do that for you, too- as part of a holistic, hormone-balancing lifestyle.

*If you want more hormone-balancing tips and tricks, [grab my free Happy, Healthy Hormones course here](#).*

Cheers to chocolate (and flax, of course!)

*Love, Jennifer*