**Blood-Sugar-Balancing Cinnamon Bites [Vegan]**

*Ingredients*

* 1/2 teaspoon unsweetened vanilla extract
* 2 tablespoons chia seeds
* 1 cup organic oats
* 1/3 cup cashew butter or nut butter of your choice
* 1 tablespoon coconut oil
* 2 teaspoons cinnamon
* 1/8 teaspoon Himalayan pink sea salt
* 1/4 teaspoon ground ginger
* 1/4 cup goji berries (optional)

*Preparation*

* Add nut butter, vanilla extract, cinnamon, ginger, salt, oats, and coconut oil to a food processor and blend until all ingredients are fully incorporated.
* Transfer to a bowl and fold in chia seeds. Refrigerate for 45 minutes, then shape into tablespoon- sized balls. Sprinkle with a few additional chia seeds or goji berries.