



No Bake Energy Bites

Recipe Source: www.gimmesomeoven.com

Makes 20-25 bites

Ingredients:

1 cup (dry) oatmeal
2/3 cup toasted coconut flakes
1/2 cup peanut butter
1/2 cup ground flax seeds
1/2 cup semisweet chocolate chips
1/3 cup honey
1 TBSP chia seeds (optional)
1 tsp vanilla extract

Steps:

- Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
- Once chilled, roll into balls of whatever size you would like. Store in an airtight container and keep refrigerated for up to 1 week.
- Makes about 20-25 balls

Nutritional Facts (per serving): Calories: 117, Carbohydrates: 14 grams, Protein: 3 grams, Total Fat: 7 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 30 mg, Fiber: 2 grams, Total Sugars: 7 grams