



No Bake Energy Bites

Serves 12: Makes 24 bites, 2 per serving

amount	unit	Ingredients:
1	cup	dry oatmeal (old fashioned oats)
2/3	cup	toasted coconut flakes
1/2	cup	peanut butter
1/2	cup	ground flax seed
1/2	cup	semisweet chocolate chips (or vegan chocolate chips)
1/3	cup	honey
1	tsp	vanilla extract

Instructions: 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 24 balls. Store in an airtight container and keep refrigerated for up to 1 week.

Nutrition Information:

Calories: 210; Carbohydrates: 22g; Fiber: 4g; Sugars: 13g; Protein: 5g; Fat: 13g; Saturated Fat: 5g; Cholesterol: 0mg; Sodium: 45mg