

NO BAKE ENERGY BITES

Makes roughly 20 - 25 balls

Ingredients

- 1 cup (dry) oatmeal or old-fashioned oats
- ½ cup toasted coconut flakes
- ½ cup peanut butter
- ½ cup ground flax seeds
- ½ cup semisweet chocolate chips
- ⅓ cup honey
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract

Directions

1. Mix all ingredients together in a medium bowl until thoroughly mixed.
2. Cover and chill in the refrigerator for 30 minutes. To speed up the chilling process, spread the mixture on a baking sheet and cover with plastic wrap before refrigerating.
3. Once chilled, roll into 1" balls

Store in an airtight container and keep refrigerated for up to 1 week.

This dessert recipe is not part of a healthy plate and should be enjoyed in moderation!



Nutrition Facts

| | |
|-------------------------------|----------------|
| 24 servings per container | |
| Serving size | 1 |
| Amount Per Serving | |
| Calories | 130 |
| | % Daily Value* |
| Total Fat 7g | 9% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Polyunsaturated Fat 2g | |
| Cholesterol 0mg | 0% |
| Sodium 25mg | 1% |
| Total Carbohydrate 14g | 5% |
| Dietary Fiber 2g | 7% |
| Total Sugars 4g | |
| Includes 0g Added Sugars | 0% |
| Protein 3g | 6% |
| Vitamin D 0mcg | 0% |
| Calcium 13mg | 0% |
| Iron 1.08mg | 6% |
| Potassium 0mg | 0% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from:

<https://www.gimmesomeoven.com/no-bake-energy-bites/>