

NO BAKE ENERGY BITES

No Bake Energy Bites

Serves: 25 (Serving = 1 ball)

Nutrition (per serving)

Calories: 110	Total Carbohydrate: 9 g
Total Fat: 6 g	Dietary Fiber: 4 g
Saturated Fat: 2 g	Total Sugars: 4 g
Sodium: 25 mg	Protein: 9 g

Ingredients

- 1 cup (dry) oatmeal
- 1/3 cup dark chocolate chips
- 1/2 cup peanut butter (natural)
- 1/2 cup ground flaxseed
- 1/4 cup honey
- 1 tsp vanilla

Directions

1. Stir all ingredients together.
2. Refrigerate for 10-20 minutes until hard.
3. Form into one inch balls.
4. Store in refrigerator.