



NO-BAKE
ENERGY
BITES



Healthy No-Bake Energy Bites

with oats, peanut butter, and chocolate chips

- 1 cup old-fashioned oats
- 2/3 cups shredded coconut, toasted (sweetened or unsweetened)
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseeds
- 1/2 cup chocolate chips (semi)
- 1/3 cup honey, natural (optional)
- 1 Tbsp chia seeds
- 1 Tsp vanilla extract

Nutrition information per serving:
2,358 Calories, 178.9 g Total Fat, 37 g Fiber, 53.8 g Protein
(divide total calories by number of balls made.
Example: 36 balls = 65.5 calories per energy bite).

- 1** In a large mixing bowl, combine all ingredients and stir together until thoroughly mixed.
- 2** Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is completely chilled. (so mixture can stick more easily).
- 3** To speed up the chilling process, you can put the mixture on a small baking sheet and place in the freezer for 20-30 minutes. Once chilled, roll mixture into 1-inch balls and place on desired plate or dish.
- 4** Enjoy immediately or refrigerate in a sealed container for up to 1 week.

Note: these can last in the freezer for up to 3 months.