



NO-BAKE ENERGY BITES

INGREDIENTS

- 1 cup old-fashioned oats
- ½ cup peanut butter (creamy or crunchy)
- ½ cup ground flaxseed
- ½ cup semisweet chocolate chips
- ⅓ cup honey
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

PREP TIME: 10 MIN
COOK TIME: 60 MIN
TOTAL TIME: 70 MIN
YIELD: 20-24 ENERGY BITES

DIRECTIONS

1. Add all ingredients to mixing bowl and stir together until evenly mixed.
2. Cover the bowl and place in refrigerator for at least 1 hour.
3. Roll into balls of whatever size you prefer
4. Place energy bites in an airtight container and store in refrigerator (up to 1 week) or freezer (up to 1 month).



NO-BAKE ENERGY BITES

Nutrition Facts

20 servings per container

Serving size 1 energy bite

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 1.5g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 13g 5%

Dietary Fiber 2g 7%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 9.1mg 0%

Iron 0.36mg 2%

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.

KATY'S TIP

I like to minimize how many dishes I use. Therefore, I suggest using a single graduated measuring cup to measure your dry ingredients (oats, flaxseed, chocolate chips) first. Then measure out your wet ingredients (peanut butter, honey). It won't matter for the vanilla extract or the chia seeds since those will be done with separate measuring utensils.

Modified from original source:

www.gimmesomeoven.com/no-bake-energy-bites/