

No Bake Energy Bites

- 🕒 **Prep time:** 10 minutes
- 🕒 **Cook time:** 60 minutes
- 🕒 **Total time:** 70 minutes
- 🍴 **Yield:** 20-25 energy bites



DESCRIPTION

These tasty no-bake energy bites are an easy treat filled with unsaturated fat and protein. They are a great healthier option for satisfying your sweet tooth!

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

EQUIPMENT

- Large mixing bowl
- Measuring cups & spoons

(Katy's suggestion:

Use graduated measuring cup, if possible, to minimize dishes used)

INSTRUCTIONS

1. Measure out dry ingredients (oats, flaxseed, chocolate chips, and chia seeds) first and add to mixing bowl.
2. Add wet ingredients (peanut butter, honey, and vanilla extract) to mixing bowl.
3. Stir all ingredients together until thoroughly mixed.
4. Cover the bowl and place in refrigerator for at least 1 hour.
5. Roll into balls of whatever size you prefer
6. Place energy bites in an airtight container and store in refrigerator (up to 1 week) or freezer (up to 1 month).