

No Bake Energy Bites



Ingredients:

- 1 ½ cup oats, old fashioned, dry
- 1 cup coconut, shredded, unsweetened
- ¾ cup peanut butter, creamy, natural
- ¾ cup flaxseeds, ground
- ¾ cup baking chips, semisweet chocolate
- ½ cup honey
- 1 ½ Tbsp chia seeds
- 1 ½ tsp extract, vanilla

Servings: 38 | Prep Time: 2 hours



Instructions:

1. Stir all ingredients together until thoroughly combined
2. Cover tightly & chill in refrigerator for 1-2 hours
3. Roll into 1-inch balls
4. Serve or refrigerate in sealed container for up to 1 week (freeze for up to 3 months)

Nutrition Facts

servings per container

Serving size **1 energy bite**
(21g)

Amount per serving

Calories **100**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 10g **4%**

Dietary Fiber 2g **7%**

Total Sugars 6g

Includes 6g Added Sugars **12%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 11mg **0%**

Iron 1mg **6%**

Potassium 45mg **0%**

*The % Daily Value 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.