

Easy No Bake Energy Bites

Ingredients:

- ½ cup – mini chocolate chips
- 1 cup - toasted coconut
- 1 teaspoon - vanilla extract
- ½ cup - peanut butter
- 1 cup - old fashioned oats
- ½ cup - honey (or agave nectar)
- ½ cup - ground flax seed
- 1 tablespoon - chia seeds (optional)

This recipe is very flexible as well!

Swap out the chocolate chips for different ingredients like dried fruit or pistachios! Try different nut butters like almond, cashew, or sunflower seed butter! Add another depth of flavor by adding some cocoa powder to the mix!

Directions:

1. Put all ingredients into a large bowl and mix together (using hands or spatula).
2. Roll the mixture into small bite-sized balls (about 1" in diameter).
3. Lay out on a sheet pan and stick in the refrigerator for 15-30 minutes.
4. Enjoy!

Yield: about 3 dozen

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2590 Calories, 254 Carbs, 166g fat, 54g protein, 742mg sodium, 176g sugar