

# NO-BAKE ENERGY BITES

Yield: about 20-25 bites

## Ingredients

- 1 cup (dry) oatmeal or old fashioned oats
- 1/2 cup peanut butter (can substitute almond butter, sunflower seed butter, etc.)
- 1/2 cup ground flaxseed or wheat germ
- 1/2 cup chocolate chips (optional; see substitutions)
- 1/4 cup honey or maple syrup
- 1 tsp. vanilla extract

## Directions

1. Stir all ingredients together in a medium bowl until mixed.
2. Cover and let chill in the refrigerator for half an hour.
3. Once chilled, roll into balls of whatever size you would like.
4. Store in an airtight container and keep refrigerated for up to 1 week.

### Substitutions for the chocolate chips could include:

- chopped dried fruit (apricots, dates, raisins, etc.)
- dried berries (cranberries, cherries, etc.)
- chopped almonds, pecans, walnuts, or sunflower seeds
- other chips (butterscotch, dark, milk, white chocolate, etc.)

### Approximate Nutrition Facts (2 balls):

95 calories, 5g fat, 1.5g saturated fat, 0 mg cholesterol, 27 mg sodium,  
10g carbohydrate, 2g fiber, 5g protein.

