

No Bake Energy Bites

Ingredients:

- 1 cup oats
- 1/2 cup peanut butter (or other nut butter)
- 1/3 cup honey
- 1 cup coconut flakes
- 1/2 cup ground flaxseed
- 1/2 cup mini chocolate chips
- 1 teaspoon vanilla

Directions:

Mix everything in a medium bowl until thoroughly incorporated. Let chill in the refrigerator for half an hour. Once chilled, roll into balls and enjoy! Store in an airtight container and keep refrigerated for up to one week.

Makes 20 balls.

Nutrition Facts	
Serving Size 1 ball (29g)	
Servings Per Container 20	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	