

Peanut Butter Energy Bites

Ingredients:

- ½ cup natural peanut butter
- ½ cup oatmeal
- ½ cup sunflower seeds
- 1 cup raisins
- 1 tablespoon honey
- 1 tablespoon ground flaxseeds (optional)
- 1 tablespoon sesame seeds
- ½ teaspoon vanilla

Directions:

Mix peanut butter, oatmeal, sunflower seeds, raisins, flax, sesame seeds and vanilla. Roll mixture into balls. Roll balls in ground flax, if desired. Let balls sit in refrigerator for at least 30 minutes.

*Note: You can use any combination of nut butters, nuts or seeds and dried fruit you desire, just keep the ratios the same.

Makes 26 (1-inch) balls.

Nutrition Facts	
Serving Size 1 ball (17g)	
Servings Per Container 26	
Amount Per Serving	
Calories 80	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*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	