



Energy Bites

Ingredients

- 1 cup (dry) oatmeal
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seeds
- 1/2 cup semisweet chocolate chips
- 1/3 cup honey or agave nectar
- 1 T chia seeds
- 1 t vanilla extract
- Any other mix-ins you choose (raisins, craisins, nuts, chips)

Directions

- Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.*
- Once chilled, roll into balls of whatever size you would like.