

## No Bake Energy Bites



These delicious little no bake energy bites are the perfect healthy snack!

PREP: 10 MINS | TOTAL: 10 MINS| YIELDS: 20-25 BITES

### INGREDIENTS:

- \*1 cup (dry) oatmeal (I used old-fashioned oats)
- \*2/3 cup toasted coconut flakes
- \*1/2 cup peanut butter
- \*1/2 cup ground flax seed
- \*1/2 cup chocolate chips or cacao nibs (optional)\*
- \*1/3 cup honey or agave nectar
- \*1 tablespoon chia seeds (optional)
- \*1 teaspoon vanilla extract

### 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. (about 1" in diameter.) Store in an airtight container and keep refrigerated for up to 1 week.

### NOTE:

\*If you choose mini chocolate chips use 1/3 cup.