

# No-Bake Energy Bites

## Ingredients

- 1 cup rolled oats
- 1/2 cup mini semi sweet chocolate chips
- 1/2 cup ground flaxseed
- 1/2 cup crunchy, natural peanut butter
- 1/3 cup honey
- 1 tsp vanilla extract

## Preparation

- 1) Combine all ingredients together in a large bowl until well blended.
- 2) Form into ping-pong or large marble sized balls with hands.
- 3) Arrange bites on a baking sheet and freeze until set for about 1 hour.
- 4) Serve thawed or straight out of the freezer for a cool treat.

**Yield:** 25-30 bites

*Per Bite: 86 Calories | 4.5g Fat (3g mono- & poly-unsaturated fats) | 10g Carbohydrates | 1.5g Fiber | 2g Protein | 14mg Sodium*



**Enjoy as a great pre- or post- workout treat!**