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!