

Energy Bites

A fun, healthy and easy-to-make snack

Ingredients:

- *1 ½ cups old fashioned oats*
- *½ cup peanut butter*
- *1/3 cup honey or maple syrup*
- *1/3 cup chocolate chips (we like the mini ones)*

Add-in ideas

- *1-2 Tablespoons of chia, hemp or ground flax seeds*
- *Chopped nuts*
- *Chopped dried fruit*

Directions:

Stir ingredients together

Refrigerate for 15 minutes

Shape into teaspoon-tablespoon sized balls

Refrigerate until firm to the touch

Stores best in the refrigerator in an airtight container

**All ingredients can be adjusted to your taste. For example, if you like quick oats better, use those. If you prefer less oats, use less. Have fun with it and make these your own!*