

## No Bake Energy Bites



Servings: 36    Serving size: 1 ball

### Nutrition Information:

8g carbohydrates

78 calories

5g fat

1g saturated fat

22mg sodium

1g fiber

2g protein

### Ingredients:

½ cup nut butter

3 tbsp. cocoa powder

1 cup quick or old-fashion rolled oats

⅓ cup honey or agave nectar

⅔ cup toasted coconut flakes

1 tsp. vanilla extract

1 tbsp. chia seeds or poppy seeds

### Directions:

1. In large bowl, mix together all the ingredients.
2. Using your hands to blend and mix together; if mixture a bit dry, you can add more honey. Add more oats if the mixture is a bit too sticky. (This recipe is very flexible; consider it simply a starting point.)
3. Shape into tablespoon size portions (ping pong ball). Place on parchment lined sheet for 20 minutes to firm up.
4. Store in airtight container in the fridge for up to 2 weeks (or freeze much longer).

*These are great for snack or added protein.*