

BRANDEE'S NO BAKE ENERGY BITES

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This recipe can be doubled or tripled if you are someone who likes to save time and freeze bulk snacks!

Ingredients:

1 cup rolled oats

1/2 cup peanut butter

1/3 cup honey

1 cup coconut flakes (unsweetened)

1/2 cup ground flaxseed or chia seed

1/2 cup mini chocolate chips

1 tsp. Vanilla

Options to change up ingredients!

*craisins or any dried fruit

*chopped nuts

*different chip flavors like butterscotch or white chocolate

*cinnamon or pumpkin spice

*explore different flavors and ways to make it different to your taste buds!

Instructions:

1. Mix all ingredients in a medium bowl (unless doubling recipe, use large bowl) until thoroughly incorporated.
2. Let chill in refrigerator for at least 30 minutes.
3. Once chilled, roll into bite size balls or use small scoop to form the bites, placing on parchment paper as you make your bite sized balls.
4. Store in airtight container and keep refrigerated up to 1 week or if freezing, wrap balls tightly in plastic wrap and then place into a gallon size freezer bag. Remove as much excess air from the bag and then store in freezer up to 3 months.