

# No Bake Energy Bites

## Ingredients:

1 cup (dry) old-fashioned oats	1/2 cup chocolate chips (optional)
2/3 cup toasted coconut flakes	1/3 cup honey or agave nectar
1/2 cup peanut butter	1 tablespoon chia seeds (optional)
1/2 cup ground flax seed	1 teaspoon vanilla extract

Stir all ingredients together in a medium bowl. Cover and refrigerate for 30 minutes. Once chilled, roll into bite sized balls. Store in airtight container and keep refrigerated for up to 1 week. Makes 20 to 25 energy balls.

**Nutrition Information:** 120 calories, 3 gm protein, 13.6 gm carbohydrate, 6.9 gm total fat, 2.2 gm saturated fat, 38 mg sodium, and 2.3 gm fiber. Serving size = 1 ball.

