

ENERGY BITES

NUTRITION FACTS

Serving Size: 2 Bites (Recipe makes approximately 24 bites)

Calories: 242 | Carbohydrates: 24g | Protein: 5g | Total Fat: 12g | Saturated Fat: 5g | Sodium: 63mg | Fiber: 3g

INGREDIENTS

- 1 cup Old fashioned oats
- 2/3 cup Toasted shredded coconut (unsweetened)
- ½ cup Creamy peanut butter
- ½ cup Ground flaxseed
- ½ cup Semisweet chocolate chips
- 1/3 cup Honey
- 1 tsp Vanilla extract

DIRECTIONS

1. Stir all ingredients together in a large mixing bowl until thoroughly combined.
2. Cover the mixing bowl and chill in the refrigerator for 1-2 hours or until the mixture is chilled.
3. Roll mixture into 1-inch balls.
4. Enjoy!

NOTES

Leftovers: Energy bites can be stored in a sealed container in the refrigerator for up to 1 week or in the freezer for up to 3 months.

Recipe from www.gimmesomeoven.com





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