

## Energy Bites

### Ingredients:

- 1 cup (dry) oatmeal
- 2/3 cup toasted coconut flakes
- ½ cup natural peanut butter
- ½ cup ground flax seed
- 1/2 cup chocolate chips or cacao nibs (optional)
- 1/3 cup honey or agave nectar
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

### Instructions:

- Combine all ingredients together in a medium bowl and mix thoroughly. Cover and let chill in the refrigerator for 30 minutes
- Once chilled, roll into balls of approximately 1" in diameter. Store energy bites in an airtight container and keep refrigerated up to 1 week

Yield: about 20-25 balls

From: <http://www.gimmesomeoven.com/no-bake-energy-bites/>

