

Energy Bites



Servings: 40

*1 cup old-fashioned rolled oats
1 cup steel cut oats
1/2 cup sweetened coconut , shredded
1 cup crispy rice cereal
1 cup peanut butter
1 cup ground flaxseed
2/3 cup chocolate chips
3/4 cup honey
2 teaspoons vanilla extract*

Variations:

Add dried fruit: dates, raisins, anything you like.

Higher protein: If you're looking for extra high protein energy bites, add a scoop of protein powder (any flavor) and about 1 Tbsp. more honey to ensure they aren't dry or crumbly.

Add nuts: Add chopped walnuts, almonds, or pecans.

Without flaxseed: Substitute the 1 cup of flaxseed with an extra 1/2 cup oats or cereal.

In a large mixing bowl, combine all ingredients.

Refrigerate for at least 1 hour before forming into 1-2 inch balls. (if the mixture isn't holding together well enough you can add a little more nut butter or honey to help it bind). Keep refrigerated for an easy snack on the go.

Feel free to include other "add-ins" like chopped almonds, raisins, etc.

Make and roll the mixture into balls and store covered in the fridge for up to 2 weeks, depending on freshness of your ingredients.

Per Serving (excluding unknown items): 136 Calories; 7g Fat (45.7% calories from fat); 4g Protein; 16g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 35mg Sodium; 7g Total Sugars; 0mcg Vitamin D; 24mg Calcium; 1mg Iron; 129mg Potassium; 98mg Phosphorus. Exchanges: 1/2 Grain(Starch).