Easy Peasy Meals

Cook’s Corner

☐ Breakfast  ☐ Lunch  ☐ Dinner  ☑ Snack  ☐ Beverage

No-Bake Energy Bites

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This is a healthy take on the traditional no bake cookies. So good and good for you! I am always asked for this recipe every time I make them. They are a hit with the kids and the adults, and always go quick! I store them in the freezer because I think they taste best frozen, but not necessary.

Ingredients

- 1 cup rolled oats
- 1/2 cup mini semi-sweet chocolate chips
- 1/2 cup ground flax seed
- 1/2 cup crunchy peanut butter
- 1/4 cup honey
- 1 teaspoon vanilla extract

Directions

Step 1

Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl; form into balls using your hands. Arrange energy bites on a baking sheet and freeze until set, about 1 hour.

Nutrition Facts

Per Serving: 94 calories; protein 2.5g; carbohydrates 10.6g; fat 5.3g; sodium 27.9mg.

Prep: 15 mins
Additional: 1 hr
Total: 1 hr 15 mins
Yield: 2 dozen bites

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