

Recipe

NO BAKE ENERGY BITES

from Avita Health System Food Services Department



These energy bites are no bake, super easy to make and take less than 10 minutes to put together. Loaded with protein, fiber and healthy fats to keep you full and loaded with energy throughout the day. Made with only 5 ingredients: peanut butter, old fashioned oats, flax seed, honey and chocolate chips. Everything gets combined in one bowl. Best of all you never have to turn on the oven.

Ingredients

- 2/3 cup creamy peanut butter
- 1/2 cup semi-sweet chocolate chips
- 1 cup old fashioned oats
- 1/2 cup ground flax seeds
- 2 tablespoons honey

Directions

1. Combine all 5 ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll.
2. Roll into 12 bites and store in the fridge for up to a week.

Recipe makes 12 servings.