

Energy Bites

Prep time: 10 mins | Cook time: 0 mins

Servings: 10 | Yields: 20 bites

INGREDIENTS

1 cup quick oats

$\frac{3}{4}$ cup unsweetened coconut flakes

$\frac{1}{2}$ cup ground flaxseed (you can buy this already ground at the grocery store)

2 tbsp cocoa powder

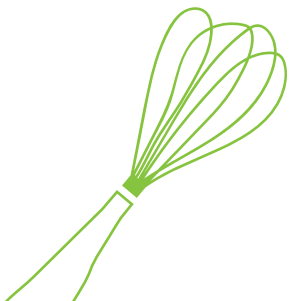
$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ cup peanut butter (or WOW butter)

$\frac{1}{4}$ cup honey (or any sugar/ sweetener)

1 tsp vanilla

2 tbsp. water, to bring the ingredients together if needed



METHOD

1. Place dry ingredients in a large bowl and mix well. In a smaller bowl, mix the peanut butter, honey and vanilla. Add wet ingredients to the large bowl of dry ingredients and mix very well.
2. Use your hands to squeeze the mixture together to make sure all of the ingredients are blended.
3. If the mixture is a little dry, add 1 tablespoon of water at a time to bring it together. Roll the dough into small balls. Dip your fingers in water to keep from getting too sticky. These can be eaten right away, and also do well covered in the fridge for about a week.