

The Original Oat Energy Bites

Serving size: 2 bites

Makes: 8 - 10

INGREDIENTS:

1/2 cup Gluten Free Oats

2/3 cup unsweetened shredded coconut flakes

1/3 cup semi-sweet chocolate chips

1/2 cup ground flax seed or chia seeds

2 tbsp vanilla extract

1/3 cup honey (raw, organic, or local is best)

1/2 cup almond butter or peanut butter (no oils, sugars or other ingredients added - simply made with the nuts only!)



INSTRUCTIONS:

1. Take out a baking tray and a medium-sized bowl.
2. Pour all ingredients into your bowl and mix well together using a spoon or spatula.
3. Using your hands, roll into bite-sized balls. They should be about 1 inch around. Lay each out on the tray.

Note: If they aren't sticking together, add a little more honey and nut butter.

4. Pop the sheet tray in the freezer for atleast 30 minutes. Store in the freezer in a covered container. Have 1 as a late night treat or 2 for a protein powdered snack during the day!