

No-Bake Energy Bites

1 cup dry oatmeal
1/2 cup peanut butter (or other nut butter)
1/3 cup honey
1 cup coconut flakes
1/2 cup ground flaxseed
1/2 cup mini chocolate chips
1 tsp vanilla

Mix everything above in a medium bowl until thoroughly incorporated. Let chill in the refrigerator for half an hour. Once chilled, roll into balls and enjoy! Store in an airtight container and keep refrigerated for up to 1 week.

Nutrition Facts

Serving Size 1/16 of recipe 49g (49 g)

Servings per container 16

Amount Per Serving

Calories 199

Calories from Fat 72

% Daily Value*

Total Fat 8g 13%

Saturated Fat 3g 17%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 56mg 2%

Total Carbohydrate 30g 10%

Dietary Fiber 3g 11%

Sugars 24g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 3% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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