

# Energy Bites



Makes 24 servings. Each serving has 70 calories, 3.5 g fat, 2g protein, 9 g carbohydrate, 1 g fiber and 35 mg sodium.



Prep time: 5 minutes  
Chill time: 30 minutes

## DIRECTIONS:

### INGREDIENTS:

- 1 cup oats
- 1/2 cup nut butter
- 1/4 cup honey or maple syrup
- 1/4 cup dried fruit
- 1/4 cup nuts
- 2 Tablespoons flaxseed
- 2 Tablespoons chocolate chips



Add oats and nut butter to bowl.



Add honey and dried fruit.



Add nuts and flaxseeds.



Add chocolate chips.



Stir to combine. Chill for 30 minutes to firm up.



Roll into tablespoon-size bites.