

Healthy Energy Bites

Here's what you'll need:

- 1/2 cup creamy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla
- 1 cup old-fashioned oats (raw)
- 2/3 cup toasted, sweetened shredded coconut (*Optional*)
- 1/2 cup ground golden flax seed (*I prefer to use Bob's Red Mill.*)
- 1/3 cup mini chocolate chips

Makes 20-25 depending on size



Stir the peanut butter, honey, and vanilla together in a bowl. After that's all smooth and creamy, add the flax seed, oatmeal, and chocolate chips. If you're including the coconut, add it here as well.



I'm not a fan of coconut (it's a texture thing for me), so I add a little extra oatmeal to compensate. I'm sure you'll find them just as delicious with or without the flaky white stuff.

I used Bob's Red Mill ground flax seed and mini chocolate chips instead of regular sized ones. The original recipe calls for 6 tablespoons of chocolate chips. The first time I made these, I dutifully scooped and counted each one of them out. Then I thought there had to be an easier

way as I probably had another tablespoon or two spilled on the counter! Off to Google I went — I found that 6 tablespoons of chips are .375 cups, so I use 1/3 cup and figure I'm close enough.



Refrigerate until mixture firms up, about 30 minutes. Try to resist the temptation to sample it before it's had a chance to chill.

Once chilled, shape into 1-inch balls. Use a regular spoon to scoop the mixture up, and then roll it into a ball. I lay them on a piece of wax paper until I'm all done rolling.

Store in your refrigerator in an airtight container.

