

No-bake Energy Bites

A good source of energy for student athletes.

Ingredients

- 1/2 cup peanut or almond butter
- 1/4 cup light tasting oil, such as coconut oil
- 1/4 cup honey
- 1½ cups whole rolled oats (chopped lightly in food processor)
- 1¼ cups crispy rice cereal
- 1/2 cup shredded coconut (sweetened or unsweetened)
- 1/4 cup chia seeds
- 2 tablespoons hemp seeds (optional)
- 1/4 cup flax seed (ground)
- 1/4 cup mini chocolate chips

Instructions

1. Stir together peanut butter, oil and honey in a small mixing bowl until smooth.
2. Combine dry ingredients in a large bowl.
3. Pour peanut butter mixture over dry ingredients and mix until evenly combined.
4. Chill for 20 minutes to make mixture easier to handle.
5. Form mixture into desired size and number of balls.
6. Place in container and chill for 30 minutes.
7. Enjoy! Energy balls can be stored in refrigerator for up to 2 weeks.

View the recipe video on YouTube here: <https://www.youtube.com/watch?v=qE6u-2tSUTg>