

Making it delicious

No-Bake Energy Bites

THE
Open
Door

Ingredients:

- 2 cups oats (Gluten-free if needed)*
- 1 teaspoon cinnamon
- 1/2 cup mini chocolate chips
- 1/2 cup ground flax seeds
- 1/2 cup nut/seed butter
- 1/3 cup honey or maple syrup
- 1 teaspoon vanilla

*Or 1 cup oats + 1 cup shredded coconut



Instructions:

- Mix all ingredients together in a large bowl, using a sturdy spoon or clean hands.
- Roll into 1" diameter balls. Keep refrigerated.
- Alternatively, you can press the mixture into a small flat pan, refrigerate for several hours, and cut into squares.

Recipe adapted from: www.smashedpeasandcarrots.com