

No-bake Energy Bites

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Ingredients

1 cup (dry) oatmeal (I used old-fashioned oats)
2/3 cup toasted coconut flakes
1/2 cup peanut butter
1/2 cup ground flaxseed or wheat germ
1/2 cup chocolate chips or cacao nibs (optional)
1/3 cup honey or maple syrup
1 Tbsp. chia seeds (optional)
1 tsp. vanilla extract

Directions

To make the no bake energy bites, just stir all of those ingredients together until combined. (Or if you get tired of using a spoon, just use your hands)

Once the mixture is combined, pop it in the fridge for 10-20 minutes so that it will harden slightly. This will help make it easier to roll it into balls.

Then once the mixture has cooled slightly, shape it however you please! I like shaping mine into 1-inch balls. But you can make yours smaller or larger. Or if you'd rather, just press the mixture into a baking dish lined with parchment paper, and you can make energy bars instead. Whatever sounds good to you!