



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENERGY BITES

INGREDIENTS

- 1 cup rolled oats or quick oats
- 1/2 cup natural peanut butter, almond butter or sunflower seed butter
- 1/3 cup honey
- 1/2 cup milled flaxseed
- 1 tsp vanilla



DIRECTIONS

1. Stir all ingredients together in a large bowl until combined. Cover and chill 20-30 minutes to allow mixture to harden slightly.
2. Once chilled, roll/shape mixture into 1-inch balls.
3. Store in an airtight container in the fridge for up to 1 week.

NUTRITIONAL INFORMATION | Serving size: 1 ball Calories: 141; Fat: 8g; Saturated Fat: 1g; Sodium: 47mg; Potassium: 29 mg; Total Carbohydrates: 16g; Dietary Fiber: 3g; Sugars: 9g; Protein: 4g; Recipe makes 12 Servings