

# RESET

## LET'S PLAY



### **NO-BAKE ENERGY BITES:**

By Heather Moore

### **INGREDIENTS**

- 1 cup old-fashioned oats
- 2/3 cup toasted shredded coconut (sweetened or unsweetened)
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup semisweet chocolate chips (or vegan chocolate chips)
- 1/3 cup honey
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

### **HOW TO MAKE ENERGY BALLS:**

To make these energy bites, simply...

Stir everything together. Stir all ingredients together in a large mixing bowl until thoroughly combined.

Chill. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled.\*

Roll into balls. Roll into mixture into 1-inch balls. Serve. Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.

If you have trouble getting the energy balls to hold together, I recommend adding in more peanut butter to make the mixture a bit more sticky.

Or, if you would rather, you can also just press the mixture into a square baking dish to make flat energy bars instead of round energy balls.

