

Peanut Butter Energy Bites



Ingredients

2/3 cup creamy peanut butter
½ cup semi-sweet chocolate chips
1 cup old fashioned oats
½ cup ground flax seeds
2 tablespoons honey

Instructions

1. Combine all 5 ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll.



2. Roll into 12 bites and store in the fridge for up to a week

Nutrition:

Serving Size 1 bite | Calories 200cal | Carbohydrates: 16g | Protein: 6g |
Fat 13g | Saturated Fat: 3g | Cholesterol: 1mg | Sodium: 69mg | Potassium: 214mg | Fiber: 4g | Sugar: 7g |
Calcium: 31mg | Iron: 1mg