



Peanut Butter Energy Bites

Recipe of the month: January

Nutrition Facts

- Calories: 185
- Protein: 6.3 grams
- Carbs: 17.6 grams
- Fat: 2.2 grams
- Fiber: 3.6 grams
- Sodium: 69 milligrams

Quick Facts

- Prep time: 10 minutes
- Total time: 10 minutes
- Serving size: 12 servings

Ingredients

- 2/3 cup creamy peanut butter
- 1 cup old fashioned oats
- 1/2 cup ground flax seeds
- 1 tablespoon organic pure honey
- 1/2 cup non-GMO dark chocolate chips

Instructions

1. Combine all five ingredients in a medium bowl. Stir to combine.
2. Place in refrigerator for 15-30 minutes so it is easier to roll.
3. Roll into 12 bites and store in the fridge for up to a week.

Bon Appetit!