

Jacob's Energy Bites

1 cup oatmeal
½ cup peanut butter (or other nut butter)
1/3 cup honey
1 cup coconut flakes
½ cup ground flaxseed
½ cup mini chocolate chips
1 teaspoon vanilla

Optional:

Replace chocolate chips with dried cranberries or cherries and/or mix in chopped nuts

Mix everything above in a medium bowl until thoroughly incorporated. Let chill in the refrigerator for half an hour. Once chilled, roll into balls and enjoy! Store in an airtight container and keep refrigerated for up to 1 week.

Jacob Cole

Junior - Nutritious Snacks

Pinwheels