



Cook's Corner

# Easy Peasy Meals



Breakfast

Lunch

Dinner

**Snack**

Beverage



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## No-Bake Energy Bites

★★★★★

This is a healthy take on the traditional no bake cookies. So good and good for you! I am always asked for this recipe every time I make them. They are a hit with the kids and the adults, and always go quick! I store them in the freezer because I think they taste best frozen, but not necessary.

Prep: 15 mins  
Additional: 1 hr  
Total: 1 hr 15 mins  
Servings: 24  
Yield: 2 dozen bites



### Ingredients

- 1 cup rolled oats
- ½ cup mini semi-sweet chocolate chips
- ½ cup ground flax seed
- ½ cup crunchy peanut butter
- ¼ cup honey
- 1 teaspoon vanilla extract

### Directions

#### Step 1

Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl; form into balls using your hands. Arrange energy bites on a baking sheet and freeze until set, about 1 hour.

### Nutrition Facts

Per Serving: 94 calories; protein 2.5g; carbohydrates 10.6g; fat 5.3g; sodium 27.9mg.

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