

Energy Bites

Ingredients

- 1 – Cup (dry) oatmeal
- ½ – Cup natural peanut butter
- ½ – Cup ground flaxseed
- ½ – Cup dried cherries
- ⅓ – Cup honey
- 1 – Tbsp. chia seeds (optional)
- 1 – Tsp. vanilla extract

Directions

1. Stir all ingredients together in a medium bowl until thoroughly mixed
2. Let chill in the refrigerator for half an hour
3. Once chilled, roll into balls of whatever size you would like
4. Store in an airtight container and keep refrigerated for up to 1 week

Substitution Options and Additional add-ins:

Any nut butter (almond butter, sunflower seed butter, etc.) could replace the peanut butter

Wheat germ could replace the flaxseed

Maple syrup could replace the honey

Any chopped dried fruit or berries (apricots, dates, raisins, cranberries, etc.) nuts (chopped almonds, pecans, walnuts), sunflower seeds, toasted coconut flakes or chocolate chips (butterscotch, dark chocolate, milk chocolate, white chocolate, M&Ms, etc.) could be added to the recipe or used to replace the dried cherries.