



Oatmeal Energy Bites

Serving: 1

Veg

Ingredients

- 1 cup oats
- 3 Tbsp cup toasted desiccated coconut
- $\frac{1}{2}$ cup peanut butter
- $\frac{1}{2}$ cup mini chocolate chips
- 2 tbsp honey
- 1 Tbsp. chia seeds
- 1 tbsp vanilla protein powder (optional)

Preparation Method

- Combine all ingredients in a large bowl.
- Roll and compress the mixture into rounds balls and place on parchment paper
- Refrigerate a few minutes until firm and then transfer to an air tight container.
- Refrigerate and enjoy for up to one week.