

# NO BAKE ENERGY BITES

Serves: 25 (Serving = 1 ball)

## Nutrition (per serving)

Calories: 110

Total Fat: 6 g

Saturated Fat: 2 g

Sodium: 25 mg

Total Carbohydrate: 9 g

Dietary Fiber: 4 g

Total Sugars: 4 g

Protein: 9 g



## Ingredients

- 1 cup (dry) oatmeal
- 1/3 cup dark chocolate chips
- ½ cup peanut butter (natural)
- ½ cup ground flaxseed
- ¼ cup honey
- 1 tsp vanilla

## Directions

1. Stir all ingredients together.
2. Refrigerate for 10-20 minutes until hard.
3. Form into one inch balls.
4. Store in refrigerator.



**OSF**<sup>®</sup>  
HEALTHCARE