Healthy Peanut Butter Energy Bites

Recipe by Leana Coffey

When you need something sweet to eat, reach for a few easy to make no-bake energy bites. Made with wholesome pantry ingredients, they contain a good combination of protein, carbs, fiber, and healthy fats that can help you get through a busy day. Eaten in moderation, they are sure to satisfy your sweet tooth and not derail your healthy diet. Modify ingredients based on your preferences and dietary needs or allergies.

Ingredients
1 cup old fashioned oats
½ cup natural creamy peanut butter
¼ cup honey
¼ cup unsweetened coconut (optional)
¼ cup mini semi-sweet chocolate chips (or dark chocolate chips, if preferred)

Instructions
1. Stir all ingredients in a large mixing bowl until thoroughly combined.
2. Chill in the refrigerator for 30 minutes - 1 hour.
3. Roll mixture into 1 inch balls.
4. Enjoy immediately!

Tips
• Double the recipe, balls can be stored in refrigerator for up to 1 week or frozen for up to 3 months.
• If you have trouble getting the balls to stick together, add more peanut butter to make the mixture a bit stickier.
• Can also press the mixture into a square baking dish to make energy bars instead of balls.
• Can add raisins or dried cranberries for additional sweetness, and vanilla protein powder, flax seeds, or chia seeds for additional protein.
• Additional recipe combinations can be found at tosimplyinspire.com.

FOOD FOR THOUGHT

“What lies before us and what lies behind us are small matters compared to what lies within us. And when you bring what is within out into the world, miracles happen.”

– Henry David Thoreau