**Peanut Butter Chocolate Energy Bites**



**Yields: 24 Energy Bites**

**Ingredients**

1 ¾ cup oats (old fashioned or quick)

¾ cup all natural peanut butter

1/3 cup honey

1/3 cup semisweet or dark chocolate chips (regular or mini)

**Directions**

1. In a medium mixing bowl, stir together all of the ingredients.

2. If the dough is sticky, you can refrigerate it for 2-3 hours or pop it in the freezer for 30 minutes to slightly firm up.

3. Form the dough into about 24 tablespoon-sized balls and refrigerate for about an hour before enjoying.

4. To store, place energy bites in a Ziploc bag or storage container. Refrigerate for up to 3 weeks or freeze for up to 6 months!

**Peanut Butter Chocolate Energy Bites**



**Yields: 24 Energy Bites**

**Ingredients**

1 ¾ cup oats (old fashioned or quick)

¾ cup all natural peanut butter

1/3 cup honey

1/3 cup semisweet or dark chocolate chips (regular or mini)

**Directions**

1. In a medium mixing bowl, stir together all of the ingredients.

2. If the dough is sticky, you can refrigerate it for 2-3 hours or pop it in the freezer for 30 minutes to slightly firm up.

3. Form the dough into about 24 tablespoon-sized balls and refrigerate for about an hour before enjoying.

4. To store, place energy bites in a Ziploc bag or storage container. Refrigerate for up to 3 weeks or freeze for up to 6 months!

**Peanut Butter Chocolate Energy Bites**



**Yields: 24 Energy Bites**

**Ingredients**

1 ¾ cup oats (old fashioned or quick)

¾ cup all natural peanut butter

1/3 cup honey

1/3 cup semisweet or dark chocolate chips (regular or mini)

**Directions**

1. In a medium mixing bowl, stir together all of the ingredients.

2. If the dough is sticky, you can refrigerate it for 2-3 hours or pop it in the freezer for 30 minutes to slightly firm up.

3. Form the dough into about 24 tablespoon-sized balls and refrigerate for about an hour before enjoying.

4. To store, place energy bites in a Ziploc bag or storage container. Refrigerate for up to 3 weeks or freeze for up to 6 months!



**Peanut Butter Chocolate Energy Bites**

**(Recipe on Back)**

**Hint:** Add ¼ cup of wheat bran, hemp seeds, ground flax seeds, or chia seeds to the recipe to add extra fiber and nutrients!

**Oats**

-Lower bad cholesterol (LDL)

-Improve insulin sensitivity

-Helps control blood pressure

-Loaded with fiber

**Peanut Butter**

-8 grams of protein in every 2 tablespoons

-Loaded with potassium

**\*\*Remember to keep honey away from children under 2!**



**Peanut Butter Chocolate Energy Bites**

**(Recipe on Back)**

**Hint:** Add ¼ cup of wheat bran, hemp seeds, ground flax seeds, or chia seeds to the recipe to add extra fiber and nutrients!

**Oats**

-Lower bad cholesterol (LDL)

-Improve insulin sensitivity

-Helps control blood pressure

-Loaded with fiber

**Peanut Butter**

-8 grams of protein in every 2 tablespoons

-Loaded with potassium

**\*\*Remember to keep honey away from children under 2!**



**Peanut Butter Chocolate Energy Bites**

**(Recipe on Back)**

**Hint:** Add ¼ cup of wheat bran, hemp seeds, ground flax seeds, or chia seeds to the recipe to add extra fiber and nutrients!

**Oats**

-Lower bad cholesterol (LDL)

-Improve insulin sensitivity

-Helps control blood pressure

-Loaded with fiber

**Peanut Butter**

-8 grams of protein in every 2 tablespoons

-Loaded with potassium

**\*\*Remember to keep honey away from children under 2!**