No-Bake Energy Bites

Ingredients (makes 24 bites):

- **1 cup quick rolled oats**
- **½ cup peanut butter**
- **½ cup miniature semisweet chocolate chips**
- **¼ cup honey**
- **1 teaspoon vanilla extract**

Instructions:

1. **Stir oats, chocolate chips, peanut butter, honey, and vanilla extract together in a large bowl.**
2. **Roll the dough into 24 bites with your hands.**
3. **Place the bites in a container and freeze until set, for about 1 hour.**
4. **Remove the bites from the freezer and store in a container. Enjoy a quick snack!**

Cooking Tip: Quick oats are pre-cooked while rolled oats are not, so quick oats will work great in this recipe.

Nutrition Fact: Nut butter provides healthy fats. These can help reduce blood cholesterol levels. Nut butters can be high in calories. Watch the portion.

Substitutions:

- Substitute raisins or craisins for chocolate chips.
- Substitute sunflower or almond butter for peanut butter.

Nutrition Facts

Servings: 1 bite Calories: 78 Sodium: 26mg Fat: 4g
Saturated Fat: 1g Protein: 2g Sugar: 6g Carbs: 10g

West Alabama FOOD BANK

WEST ALABAMA CARDIAC HEALTH PROGRAM