

Peanut Butter Energy Bites

These simple, satisfying snacks are ready in minutes.

- hands-on Time: 10 min
- total Time: 10 MIN + 30 MIN CHILLING TIME
- makes: 18–20 BALLS



Ingredients

- 1 cup old-fashioned oats
- $\frac{3}{4}$ cup creamy peanut butter
- $\frac{3}{4}$ cup mini semisweet chocolate chips
- $\frac{1}{2}$ cup finely chopped walnuts
- $\frac{1}{2}$ cup ground flaxseed
- $\frac{1}{3}$ cup honey
- 2 Tbsp. chia seeds
- $\frac{1}{2}$ tsp. vanilla extract

Instructions

- Stir all ingredients together in a bowl until completely combined. Cover and chill in the refrigerator for 30 minutes. Then roll the mixture into 1-inch balls. Sprinkle with additional chocolate chips, walnuts and honey, if desired. Store in an airtight container, separating layers of energy bites with sheets of parchment paper. Keep in the refrigerator for up to one week.