

SWEET TREAT

Energy Bites

YOU WILL NEED

- 1 cup rolled oats (old-fashioned)
- 1 cup peanut butter
- 1/2 cup graham cracker crumbs
- 1/2 cup mini-chocolate chips
- 2 tablespoons honey

PROCEDURE

Mix all ingredients together in medium bowl.

Use tablespoon cookie scoop and form into balls with hands.

Place in sealable container and store in refrigerator.

Makes approximately 24

Note: You may encounter a scoopful that does not want to be molded properly. I just squish around, flatten and re-squish in the palm of my hands until it cooperates.

Enjoy!



TOP TIP

Kids (and adults) LOVE these! They are super easy to make and are a healthy snack.