

Chocolate Energy Bites

15 servings

Snacking can be an important part of a healthy diet. The key is to plan and choose snacks that are full of the good things our bodies need, instead of snacks that are full of extra calories, sugar, and fat.

- 1/3 cup honey
- 1/3 cup nut butter (peanut, soy, almond, etc.)
- 1 teaspoon vanilla extract
- 3/4 cup rolled or quick oats
- 1/4 cup wheat bran or chia seeds
- 2 Tablespoons cocoa powder
- 1/3 cup unsweetened shredded coconut

1. Wash hands with soap and water.
2. In a medium bowl, combine all the ingredients. Stir until mixed well
3. Spray cooking spray on one hand. Rub hands together.
4. Using a spoon to portion out about 1 tablespoon, roll mixture into 15 balls and serve.
5. Store leftovers in a sealed container in the refrigerator for up to four days.



Notes: Chia seeds aren't just for energy bites! Try them:

- Stirred into yogurt or oatmeal
- Blended into smoothies
- Sprinkled on top of salads or toast
- Used to make overnight chia pudding

Nutrition Information per Serving (1. bite): Calories 90, Total Fat 4.5g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 25mg, Total Carbohydrates 12g, Fiber 2g, Total Sugars 7g, includes 6g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%.