

# No Bake Energy Bites

## INGREDIENTS

- 1 1/2 cups oats
- 2/3 cup peanut butter, or any nut butter
- 3 tablespoons honey (or maple syrup)

Optional:

- Dried fruit (raisins, cranberries)
- Chocolate Chips

TIME: 20 MINUTES

SERVINGS: 12



Adapted from: [therealfooddietitians.com](http://therealfooddietitians.com)



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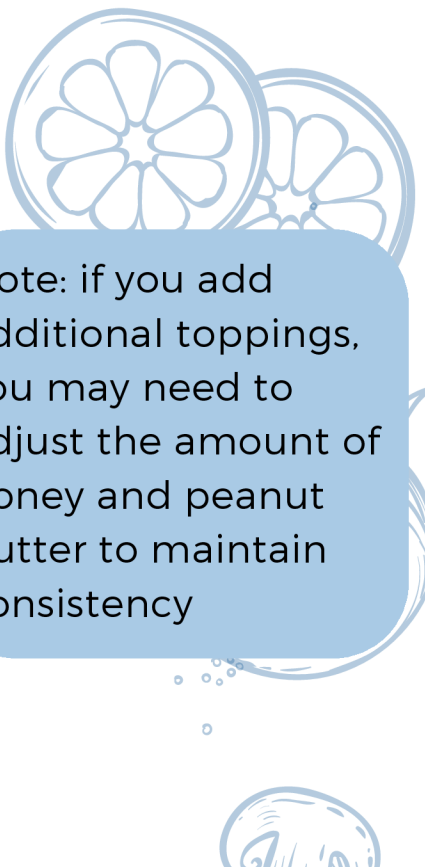


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## PROCEDURE

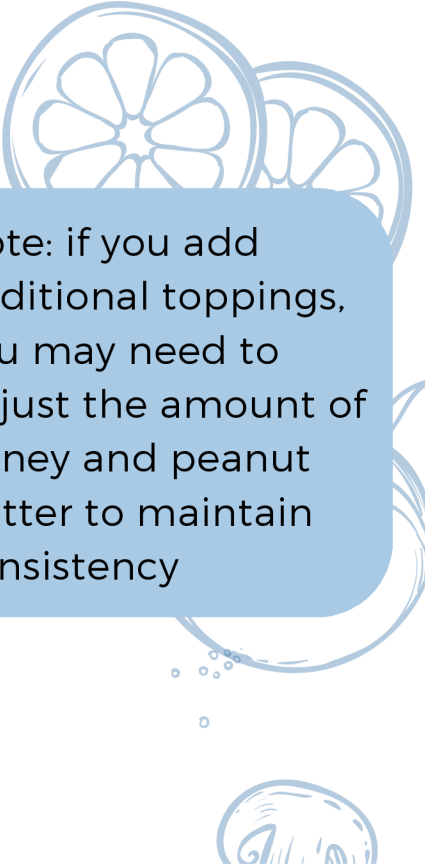
1. Gather all ingredients
2. Add oats, peanut butter, and honey to a large bowl
3. Mix until well incorporated
4. Scoop a heaping tablespoon of mixture into your hand and roll into a ball
5. Enjoy!



Note: if you add additional toppings, you may need to adjust the amount of honey and peanut butter to maintain consistency

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