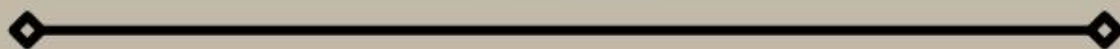




Energy Bites

GREAT FOR ENERGY BEFORE OR AFTER
EXERCISE OR FOR AN AFTER SCHOOL
SNACK



You will need:

- 2 cups quick oats
- 3/4 cup natural peanut butter (only peanuts)
- 4 Tablespoons honey
- 1/4 cup ground flaxseed meal
- 1/2 cup mini chocolate chips or M&Ms
- 2 teaspoons vanilla
- 1 Tablespoon chia seeds



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1. In a large bowl, combine oats, peanut butter, honey, flaxseed, chocolate chips or M&Ms, vanilla, and chia seeds.
2. Using a spoon, scoop out the mixture and round it into a ball. Place the energy bites onto a parchment-lined baking pan.
3. Place the pan in the freezer until the energy bites are hardened (about 1 hour)
4. Store in a plastic zip bag.