

# No Bake Energy Bites

Servings: 24

## Ingredients

- 1 cup rolled oats
- 1/2 cup mini semi-sweet chocolate chips
- 1/2 cup ground flax seed
- 1/2 cup natural, crunchy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract

## Nutrition Facts Per Serving (1 bite)

- Calories: 94
- Total fat: 5 g
- Saturated fat: 1 g
- Sodium: 28 mg
- Carbohydrates: 11 g
- Fiber: 2 g
- Protein: 2.5 g
- Sugar: 6 g

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## Directions

1. Combine all ingredients together in a bowl.
2. Form into balls using your hands and arrange on baking sheet.
3. Freeze until set (about 1 hour).



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