

Peanut Butter Bites

Ingredients:

- 1 1/2 cups oats
- 1/2 cup ground flaxseed (milled)
- 1/2 cup mini chocolate chips (or raisins)
- 1 cup peanut butter
- 1/4 cup honey
- 1/2 teaspoon vanilla extract



Directions:

1. Add oats, flax seed meal, and mini chocolate chips to a bowl. Stir to combine.
2. Add peanut butter, honey, and vanilla extract. Stir until thoroughly combined. The mixture will be very thick.
3. Shape the mixture into tablespoon-sized balls. Transfer the balls to an airtight container, separating each layer with wax paper. Store in the refrigerator until ready to eat.

Makes 20 balls.

Tip:

If you can't use Peanut Butter or Almond Butter because of allergy concerns, you can try peanut-free options like WOWbutter (soy) or SunButter (sunflower seed)

