

A Gut Feeling Coconut Energy Bites

INGREDIENTS

- 2 cups oatmeal
- 1 cup almond butter
- 2/3 cup honey
- 2 cup unsweetened coconut flakes and sesame seeds (can also substitute oatmeal or protein powder, if you prefer)
- 1 cup ground flaxseed
- 1 cup stevia chocolate chips
- 2 teaspoons vanilla

INSTRUCTIONS

Mix all ingredients together. Roll into balls.

- To freeze: Place balls on a cookie sheet and freeze for one to two hours. Remove from cookie sheet and place in an airtight zip top freezer bag (or other airtight container).
- To serve: Remove desired number of balls and thaw at room temperature for 15 to 30 minutes. Can also warm for 30 seconds or so in the microwave. Or, you can be impatient like me and eat them straight from the freezer. 😊
- Makes around 3 dozen energy bites.