



## Oatmeal No-Bake Energy Bites

**Makes 20-24 (smaller will obviously make more bites and reduce the sugar content for each)**

1 cup rolled oats

½ cup almond butter or peanut butter

2 T raw honey

½ cup ground flaxseed

½ cup dark chocolate chips (I like to use Lily's chocolate chips...no sugar added.)

In a large bowl mix all ingredients together. Roll out teaspoon size balls on parchment paper and freeze for one hour. Place in Ziploc bag for freezer storage.

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