

# Chia Seed Protein Bites



## Servings: 30

*1 1/2 cups rolled oats*

*1/2 cup peanut butter*

*1/2 cup chia seeds*

*1/2 cup honey*

*1/4 cup coconut, unsweetened*

In a large bowl combine rolled oats, peanut butter, chia seeds, honey, and coconut.

Refrigerate for 1 hour or until firm enough to roll into balls.

Shape into tablespoon size balls.

Store in the refrigerator until firm.

Serve

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Per Serving (excluding unknown items): 84 Calories; 4g Fat (43.3% calories from fat); 2g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 22mg Sodium; 5g Total Sugars; 0mcg Vitamin D; 30mg Calcium; 1mg Iron; 66mg Potassium; 67mg Phosphorus. Exchanges: .