No-Bake Energy Bites

Ingredients

- ¼ cup honey
- ½ cup peanut butter
- 1 cup nonfat dry milk or protein powder or flax meal or chia seeds (may use 1 cup of 1 item or combination of items)
- 1 cup oats
- ½ cup raisins, craisins, other chopped dried fruit, chopped nuts, chocolate chips, etc.
- 1 teaspoon vanilla extract

Directions

1. Stir all ingredients together in a medium bowl until thoroughly mixed.
2. Roll into balls about 1 inch in diameter and place on waxed paper.
3. Refrigerate about 1 hour or until set.
3. Store in an air tight container and keep refrigerated up to 1 week.

Makes 20-25 servings

Nutrition information per serving (2 tablespoons):
- 90 calories, 4g fat,
- 12g carbohydrates, 128mg sodium