Energy Bites

Ingredients

1/4 cup oats
2 Tablespoons peanut butter
1 Tablespoon honey
1/4 cup chia seeds, flax meal or protein powder
2 Tablespoons chocolate chips, raisins or other small dried fruit, or chopped nuts
Optional: 1/4 teaspoon vanilla extract

Directions

1. Stir together all ingredients until well mixed.
2. Roll into 1 inch balls.
3. Refrigerate until firm (about 1 hour).
4. Store in refrigerator.

Makes 5-6 balls