

No-Bake Energy Bites

Ingredients

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