



PEANUT BUTTER ENERGY BITES

INGREDIENTS

- 1½ cups old fashioned oats
- 3 TBSP ground flaxseed
- 1 TBSP chia seeds
- Pinch of sea salt
- ¼ cup vanilla whey protein powder
- ¼ cup honey
- ¼ cup natural peanut butter
- 1 teaspoon vanilla extract
- ½ cup dark chocolate mini chocolate chips
- 1–2 TBSP water, if needed



DIRECTIONS

1. In a food processor combine oats, flaxseed, chia seeds & salt.
2. Pulse 10–15 times until most of the oats are broken into very small pieces while some remain intact.
3. In a medium bowl, combine oat mixture, protein powder, peanut butter, honey, and vanilla. Stir with wooden spoon until well combined. If dough does not stick together, add water 1 teaspoon at a time and stir until dough sticks together easily.
4. Stir in chocolate chips.
Divide the dough into 12 portions using a small cookie scoop and roll into balls using your hands.
5. Store balls in a covered container in the fridge for up to 2 weeks or in the freezer for up to 2 months.



Peanut Butter Energy Bites	
Nutrition Facts	
Serving Size	1 Snack pack
Amount Per Serving	
Calories	408.4
	% Daily Value*
Total Fat	17 g 22 %
Saturated Fat	7.6 g 38 %
Trans Fat	0 g
Cholesterol	7.5 mg 3 %
Sodium	52.9 mg 2 %
Total Carbohydrate	55.1 g 20 %
Dietary Fiber	9 g 32 %
Total Sugars	26.6 g
Added Sugars	25.4 g 51 %
Protein	13.4 g
Vitamin D	0 mcg 0 %
Calcium	95 mg 7 %
Iron	2.9 mg 16 %
Potassium	395.2 mg 8 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Full info at cronometer.com	