

Energy Bites

1 ¼ cups oats

½ cup nut butter

1/3 cup maple syrup or honey

3 Tbsp. dried fruit

3 Tbsp. chocolate chips

1 Tbsp. chia seeds (optional)

½ tsp. vanilla extract

Add oats, nut butter, maple syrup or honey, dried fruit, chocolate chips, chia seeds, and vanilla extract to a bowl and stir to combine. Refrigerate for 30 minutes to make the mixture easier to roll.

Using clean hands (or wear gloves) roll into balls approximately 1 Tbsp. each.

Store in an airtight container in the refrigerator for up to 2 weeks.