Power Balls (No-Bake Energy Bites)

With wholesome, unprocessed ingredients, these simple to stir up, requiring no baking, bites of sweet, chewy deliciousness is destined to be your families new sweet treat favorite.

1 cup oatmeal
1/2 cup peanut butter (or other nut butter)
1/3 cup honey
1 cup coconut flakes (I use unsweetened)
1 cup whole or ground flax seed (I use half of each)
2 T unsweetened cocoa powder
or 1/2 cup mini chocolate chips
1 tsp vanilla

Mix everything above in a medium bowl until thoroughly incorporated.
Let chill in the refrigerator for half an hour or overnight.
Once chilled, roll into small bite-sized balls and enjoy!
Store in an airtight container and keep refrigerated for up to one week.

Nutrition information for 1 ball

<table>
<thead>
<tr>
<th>Calories</th>
<th>55</th>
<th>Fat</th>
<th>3 g</th>
<th>Fiber</th>
<th>1 g</th>
<th>Sodium</th>
<th>1 mg</th>
<th>Total Carbohydrate</th>
<th>6 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories from Fat</td>
<td>49%</td>
<td>Saturated Fat</td>
<td>.5 g</td>
<td>Cholesterol</td>
<td>0 mg</td>
<td>Protein</td>
<td>2 g</td>
<td>Sugars</td>
<td>na</td>
</tr>
</tbody>
</table>