

No Bake Energy Bites

INGREDIENTS:

- 2 granola bars
- 1 Tbsp. shredded coconut
- ¼ cup creamy peanut butter
- ½ tsp. chia seeds
- 1 Tbsp. yogurt raisins
- Chocolate chips, nuts (optional)



DIRECTIONS:

1. Crush granola bars into almost a powder breaking them up with your hands or a non-breakable heavy object.
2. Chop yogurt raisins into smaller pieces.
3. Stir all ingredients (granola, coconut, chia seeds and yogurt raisins) together in a large mixing bowl until thoroughly combined. Now is also the time to add any optional ingredients.
4. Cover the mixing bowl and chill in the refrigerator for 1 hour (freezer for 30 minutes), until the mixture is harder and easier to work with.
5. Roll mixture into 1-inch balls. This recipe makes about 4-5 energy bites.

Fun Facts!

- Chia seeds come from Mexico. It was a staple in the Aztec diet!
- Chia seeds are full of fiber, which is good for your digestion.
- Chia seeds expand when adding them to liquids!
- Energy bites are great snack or quick and easy breakfast!