



## ALMOND JOY ENERGY BITES

PREP TIME: 10 MINUTES • TOTAL TIME: 10 MINUTES

SERVINGS: 12 BITES

No Bake Almond Joy Energy Bites. Loaded with old fashioned oats, peanut butter, flax seed, coconut and almonds! A healthy protein packed breakfast or snack!

### INGREDIENTS

2/3 cup creamy peanut butter or almond butter  
3/4 cup old fashioned or rolled oats  
1/4 cup semi sweet chocolate chips  
1/4 cup almonds, roughly chopped  
1/4 cup unsweetened shredded coconut  
1/2 cup ground flax seed  
2 tbsp honey

### INSTRUCTIONS

1. Combine all of ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll.
2. Roll into 12 bites and store in the fridge for up to a week.

COURSE: BREAKFAST, SNACK • CUISINE: AMERICAN

KEYWORD: ALMOND JOY ENERGY BITES, ENERGY BALLS, HEALTHY SNACKS, LACTATION BITES

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