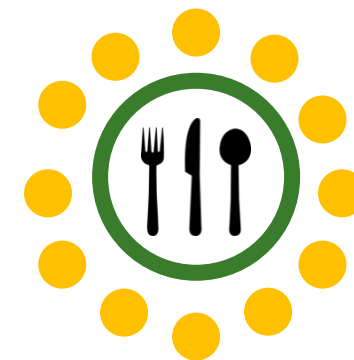


recipe of the week:

No Bake Energy Bites



ingredients:

1/2 cup creamy peanut butter

1/3 cup honey

1 tsp. vanilla extract

1 cup old-fashioned oats (raw)

2/3 cup toasted, sweetened shredded coconut

1/2 cup ground golden flaxseed meal

6 tbsp. mini chocolate chips

directions:

1. In a mixing bowl, stir together peanut butter, honey, and vanilla extract.

2. Add remaining ingredients and stir until evenly coated.

3. Transfer mixture to refrigerator or freezer and chill until mixture has firmed up a bit, about 30 minutes.

4. Remove from refrigerator and shape into 1-inch balls.

5. Store in refrigerator in an airtight container.

Presented by:

