



[CapitalBlueCross.com](https://www.CapitalBlueCross.com)

**Capital** 

# Energy Bites

## Ingredients

- 1 cup oats
- $\frac{2}{3}$  cup coconut flakes
- $\frac{1}{2}$  cup ground flax seeds
- $\frac{1}{2}$  cup honey or agave
- $\frac{1}{2}$  cup peanut butter
- $\frac{1}{3}$  cup semi-sweet mini chocolate chips
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract

Combine all ingredients in a medium-sized bowl (this may take some muscle because the batter is very sticky). Cover and place bowl in the freezer or refrigerator for approximately 30 minutes (this will make it easier to roll the batter into balls). Roll batter into 24 bite-sized balls. For maximum freshness, store in refrigerator until ready to eat.

## Nutrition Facts

Serves 12 (serving size: 2)

---

<b>Calories</b>	90
<b>Total Fat</b>	4.5g
Saturated Fat	3g
<b>Cholesterol</b>	15mg
<b>Sodium</b>	310mg
<b>Total Carbohydrates</b>	6g
Dietary Fiber	0g
Sugar	2g
<b>Protein</b>	4g

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.