

# Oatmeal Energy Bites

## Ingredients

- 1 cup rolled oats
- 1/2 cup peanut butter or almond butter
- 1/2 cup chocolate chips or raisins
- 1/3 cup honey
- *Optional: 1/4 cup other nut/seed (hemp, chia, almonds, walnuts)*



## Directions

1. In a large bowl, mix all ingredients together.
2. Roll out tablespoon-sized balls onto pan/plate and place in refrigerator for about an hour before enjoying.
3. To store, place energy bites in Ziploc bag or Tupperware. Refrigerator for up to 3 weeks or freeze for up to 6 months.

Recipe adapted from

<http://www.healthy-liv.com/no-bake-4-ingredient-peanut-butter-energy-bites/>

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