



**From the Kitchen
of
Executive Chef
Jessica VanRoo**

Energy Bites

Makes about 6 bites

Ingredients

- ½ cup rolled oats
- 2 tablespoons chocolate chips or other mix-ins such as dried fruit, nuts, coconut
- 2 tablespoons ground flaxseed
- 4 tablespoons peanut butter
- 3 tablespoons pure maple or date syrup

Instructions

1. Combine oats, chocolate chips, flaxseed, peanut butter, and maple syrup. Form into balls using your hands. Arrange energy bites on a baking sheet and refrigerate until set - about 1 hour.

*Try toasting your oats for more flavor in a 350-degree oven for 10 minutes or in a dry skillet over your stove.