

Gluten-free

Gluten-free

## Health Bites

- 1 t..... Vanilla
- 2 t..... Chia Seeds
- 1 C..... Rolled Oats
- ½ C..... Peanut Butter
- ¼ C..... Honey (or Maple Syrup)
- ½ C..... Flaxseed (or Wheat Germ)
- ½ C..... Chocolate Chips (or Cacao Nibs)
- ½ C..... Toasted Coconut Flakes (Optional)



Mari Werner

Adapted: KatieFell.com

Circa 2014

1. Mix all ingredients in bowl.
2. Cover and chill in refrigerator for 30 minutes.
3. Form into 1" balls.
4. Store in airtight container in refrigerator (up to one week).

Makes 20-25 Balls Per Batch

*Store in Freezer Overnight for School Lunches The Next Day*

