



Chocolate Peanut Butter Energy Bites

Yield: 10 servings

Ingredients

- 1 cup rolled oats
- ½ cup semi-sweet chocolate chips
- ½ cup ground flaxseed
- ½ cup creamy peanut butter (only peanuts)
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract

Instructions

1. In a medium bowl combine all ingredients together.
2. Scoop into 2 tablespoon portions and form into balls.
3. Keep in fridge or freezer.

Nutrition Information

Serving Size: 1

- Calories: 197
- Total Fat: 12 g
- Saturated Fat: 3 g
- Monounsaturated Fat: 4.6 g
- Polyunsaturated Fat: 3.2 g
- Sodium: 57 mg
- Total Carbohydrate: 19 g
- Sugars: 8.7 g
- Protein: 5.6 g

Source: Adapted from Allrecipes

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