

## RECIPE

# Energy Bites



Prep time **10 minutes**

Ready in **20 minutes**

So what is in an energy bite that makes them so amazing? The combination of oats, nut butter, and chia seeds create a mixture that is a powerhouse of nutrients. And the most important factor here is that they taste sooo good.

## Ingredients

- 1 cup oats
- 1/4 cup honey
- 1/4 cup peanut butter
- 2 Tbsp chia seeds
- 1/4 tsp vanilla

## Preparation

1. Combine ingredients together until well mixed.
2. Add any additional add-ins.
3. Refrigerate for 20 minutes.
4. Shape into bites.

If you are going to use different add-ins, separate the mixture into different bowls. Refrigerate for about 20 minutes. Flatten on parchment paper and then cut into 'bites'. Or if you want to skip this step, you can just roll the mixture into balls.

You can refrigerate these and they will stay good for at least a week. If you are wanting to use them for hiking, running, biking, or other endurance activities – I would put a few in a small portable container in the fridge for a quick grab-n-go.

## Did You Know?

1. Chia seeds come from the desert plant *Salvia hispanica*, a member of the mint family.
2. 1 tablespoon of chia seeds contains 5 grams of fiber, 3 grams of protein, 2282 mg of Omega 3 and 752 mg of Omega 6 fatty acids (This makes them a really great source of both fiber and Omegas).
3. A significant concentration of fiber combined with their ability to absorb 10 times their weight in water also makes chia seeds excellent for maintaining regularity and also contributing to satiety.
4. Contain iron, calcium, magnesium and zinc.
5. Emerging research suggests that including chia seeds as part of a healthy diet may help improve cardiovascular risk factors such as lowering cholesterol, triglycerides and blood pressure.

## Tips

Energy Bites are a no-bake healthy snack that take just a few minutes to make and are filled with protein, fiber and healthy fats to keep your children fueled until their next meal. If your children are allergic to peanuts, or your school is nut-free, you can substitute sunbutter!