Oat Energy Bites

INGREDIENTS

Base Recipe:
Wet ingredients:
• 1/2 cup nut butter (try peanut butter, sunflower seed butter or tahini)
• 1/3 cup honey
• 1 tsp vanilla

Dry ingredients:
• 1 cup rolled oats
• 1/3 cup mix-ins (try chocolate chips, raisins, sunflower seeds, chopped nuts, chia seeds, or flax seeds)

Specialty Flavor Mix-ins:

PUMPKIN CHOCOLATE CHIP
Wet ingredients:
1 Tbsp pumpkin puree
Dry ingredients:
1/2 tsp cinnamon
1/4 cup mini chocolate chips

CARROT CAKE
Wet ingredients:
1/4 cup shredded carrot
Dry ingredients:
3 Tbsp raisins
2 Tbsp chopped walnuts
1/2 tsp cinnamon

DIRECTIONS

1. In a medium bowl, whisk together the wet ingredients until well combined.
2. Add dry ingredients and mix well to fully coat. If the mixture seems overly wet, you can add additional rolled oats, 1 Tbsp at a time. Refrigerate mixture for 15 minutes.
3. Remove mixture from fridge and roll into balls, around 1 inch in size. Place in an air-tight container and store in the refrigerator. Enjoy!