

# Oat Energy Bites



Servings: 6



Prep Time: 10-15 min



Total Time: 30 min

## 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!

