Oat Energy Bites

**Ingredients**

**Base:**
- 1 1/2 to 2 cups dry rolled oats
- 1/2 cup nut butter of choice (i.e. peanut, almond)
- 1/4 cup honey or maple syrup
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon

**Add-ins for Carrot Cake Flavor**
- 1/3 cup chopped pecans
- 1/3 cup raisins
- 1/2 cup shredded carrots

**Add-ins for Pumpkin Spice Flavor**
- 1/2 cup mini chocolate chips
- 1/2 cup pumpkin purée
- (optional) 1/4 cup chia seeds

**Procedure**

In a large bowl, stir together nut butter, honey, vanilla and cinnamon. Stir in 1 1/2 cups of oats until fully incorporated.

Choose which mix-ins you want to add to your base. Carrot cake or pumpkin spice are some delicious fall favorites. Or, get creative and try your own combinations! Mix in the add-ins until evenly distributed through the dough.

You want the mixture to be soft but not too sticky. If you pick up a generous spoonful, you should be able to roll it into a ball. If the mixture is too wet, stir in some more oats, 1/4 cup at a time.

Using your hands, shape into 1-inch balls and refrigerate for at least 1 hour to harden. Store oat bites in the refrigerator for up to one week.

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