

#LetsCook30

SNACK BITES

These sweet snack bites are easy to make and keep well in the fridge or freezer. Great for a mid-day snack with a piece of fruit or as part of an on-the-go breakfast.

Serves: 40-45 bites **Ready in about:** 40 minutes

1 cup	old-fashioned oats
1/2 cup	peanut butter (any type)
1/2 cup	ground flax seed
1/2 cup	chocolate chips
1/3 cup	honey
1 tbsp	chia seeds (optional)
1 tsp	vanilla extract

INSTRUCTIONS:

1. Combine oats, peanut butter, ground flax seed, chocolate chips, honey, chia seeds, and vanilla together in a bowl. Cover and chill dough in the refrigerator 30 minutes.
2. Remove dough from refrigerator, roll into balls, about 1 inch in diameter.
3. Store in airtight container in the refrigerator.

Source: No Bake Energy Balls, www.allrecipes.com. Accessed 2019.

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