



# Ashley's Meal Prep Monday!



## No Bake Energy Bites

### INGREDIENTS

1 cup GF oats (I found that the quick cooking rolled oats work best)  
2/3 cup coconut flakes  
1/2 cup creamy peanut butter  
1/2 cup ground flax seed  
1/3 cup honey  
1 TBSP chia seeds  
1 TSP vanilla  
Add ins:  
1/2 cup chocolate chips, chopped pecans, crasins, figs, etc.  
\*You also may need to add a couple TBSP's of water to help it mix well

In a medium size bowl, mix all of the ingredients well. Cover the bowl and place in the fridge for 20-30 minutes so the mixture will be less sticky to work with.

Remove from the fridge and roll into 1-inch bites. Place energy bites into an airtight container and keep stored in the fridge.



CARTWRIGHT'S  
MARKET