



Have fun and stay safe!

NELSON AT HOME ADVENTURES

On the go healthy snacks

CHOCOLATE AND PEANUT BUTTER ENERGY BITES

Ingredients:

- 1 cup rolled oats
- 1/2 cup crunchy peanut butter
- 1/3 cup honey or maple syrup
- 1 tsp vanilla extract
- 1/2 cup coconut flakes
- 1/4 cup cocoa powder
- 1/2 cup dark or semi-sweet chocolate chips

Instructions:

- In a large mixing bowl, mix together all the ingredients until completely combined.
- Refrigerate until firm, approx 30 minutes.
- Once firm roll the dough into 1 oz balls.
- Refrigerate or freeze
- Enjoy!