

Breakfast | Snack

Energy Bites

Side Effect: Weight Loss/Low Appetite

15 Mins
Prep Time

0 Mins
Cook Time

7
Servings

263 Calories **14g** Fat **30g** Carbs **7g** Protein



Ingredients

7 Servings • **2** Energy Bites Serving Size

15 Mins + 30 Mins Refrigeration Total Time

Allergens: Nuts

½ Cup Creamy Peanut Butter

⅓ Cup Pasteurized Honey

1 Tsp Vanilla

1 Cup Old Fashioned Oats

¼ Cup Flaxseed, ground

⅔ Cup Unsweetened Coconut Flakes

2 Tbsp Mini Chocolate Chips

Allergen Swap

Nuts Omit peanut butter and replace with Sunbutter®

Nourishment Note



Peanut Butter

Rich in healthy monounsaturated fats, peanut butter provides an ample number of calories as well as antioxidants, like vitamin E.



Old Fashioned Oats

Oats provide beta-glucan, a type of soluble fiber that may boost the immune system.



Flaxseed

Flaxseed is relatively high in calories and omega-3 fatty acids. These types of fats are helpful for reducing inflammation in the body. Flaxseed is also rich in dietary fiber.

Instructions

1. Wash Hands

Wash hands before preparing energy bites.

2. Mix Ingredients

Mix all ingredients together in a bowl until well combined.

3. Roll into Bites & Chill

Roll into ping-pong ball sized bites and place on a baking sheet covered in parchment paper. Refrigerate for 30 minutes to set.

4. Serve & Enjoy

Serve cold or at room temperature.

5. Store

Energy bites will keep in the refrigerator for up to 5 days.

6. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cups



Measuring Spoons



Bowl



Rubber Scraper



Baking Sheet



Parchment Paper

Fatigue Buster

- Purchase pre-ground flaxseed or flax meal.
- Use a cookie scoop to scoop energy bite balls.
- Ask a friend or family member to help prepare this dish.