

No-Bake Energy Bites

Adapted from <http://gimmesomeoven.com/no-bake-energy-bites/>

Makes 20-25 balls

INGREDIENTS

- 1 cup (dry) oatmeal (i.e. old-fashioned oats)
- ½ cup rice cereal (i.e. Rice Krispies)
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup dried fruit (i.e. raisins or cranberries)
- 1/3 cup honey
- 1 tsp. vanilla

MATERIALS NEEDED

- Mixing Bowl
- Measuring cups
- Measuring spoons

COOKING INSTRUCTIONS

- Stir all ingredients together in a medium bowl until thoroughly mixed.
- Let chill in the refrigerator for half an hour.
- Once chilled, roll into balls of whatever size you would like.
- Store in an airtight container and keep refrigerated for up to 1 week