

# No-Bake Energy Bites

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## Ingredients:

- 1 cup (dry) oatmeal (pulsed in blender)
- ½ cup raisins
- ½ cup chopped dried cranberries
- ½ cup peanut butter
- ½ cup crushed granola
- 1/3 cup honey

## Method:

1. Stir all ingredients together in a medium bowl until thoroughly mixed.
2. Roll the combined ingredients into a ball of your desired size (about 1" diameter for optimal storage).
3. Store in airtight container and refrigerate for up to one week.

## Substitutions:

- Add chocolate chips or other chips such as butterscotch, dark chocolate, etc.
- Chopped dried fruits can also be added
- Nuts add an extra crunch and protein boost to this delicious snack.



This recipe is brought to you by The Zone.