INGREDIENTS

- 2 cups old fashioned rolled oats
- ½ cup ground flax seed
- 1 TBSP black chia seeds
- 1 teaspoon ground cinnamon
- ¾ cup dried pitted dates
- ½ cup peanut butter
- 1 teaspoon vanilla extract
- 2 TBSP vanilla whey protein powder
- ¼ cup water
- ½ cup dark chocolate mini chips

Energy Bites

DIRECTIONS

1. Combine oats, flax seed, chia seeds, cinnamon, dried dates, peanut butter, vanilla extract, and vanilla protein powder to food processor.
2. Pulse until ingredients are blended and oats are finely chopped, almost flour-like consistency.
3. Slowly add water to the food process and blend until the mixture sticks together. You may need to add more or less water depending on your dough.
4. Add mixture to a large bowl, using your hands mix in chocolate chips.
5. Scoop and roll mixture into 1-inch balls and place on parchment-lined baking sheet.
6. Serve immediately or store in air tight container in refrigerator.

Recipe from joyfulhealthyeats.com