

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## No Bake Energy Bites

### Ingredients:

- 1 cup gluten free oats
- 2/3 cup shredded coconut
- ½ cup peanut butter or almond butter
- ½ cup ground flax seed
- ½ cup mini dark chocolate chips
- 1/3 cup honey
- 1 tsp vanilla

### Directions:

- Mix all ingredients together in a bowl.
- Let chill in fridge for ½ hour.
- Once chilled roll into bite size balls (I have also placed in 8x8 pan and cut into bars.)
- Store in air tight container in fridge.
- If mix is dry, add a little unrefined coconut oil.