



Ingredients:

1 1/2 Cup Oatmeal
1/2 Cup Nut Butter or Peanut Butter
1/4 Cup Raisins
Pinch of Salt

Try other additional items such as chocolate chips, honey, or dried cranberries!

Energy Bites

Serving Size: 6

Instructions:

1. In a medium sized bowl, combine all ingredients.
2. Use a spoon to scoop dough and roll into one inch balls.
3. Place on a wax paper covered cooking tray roughly one inch apart.
4. Repeat until all dough is used.
5. Refrigerate for one hour or until the bites are hardened.
6. Enjoy!
7. Store in a sealed container for up to 1 week in the refrigerator or freeze up to 3 months.

Note: If your dough is too dry or not sticking together, try adding more nut butter or peanut butter to reach your desired consistency.