

Peanut Butter Oatmeal Energy Bites

1 cup instant oats
2/3 cup toasted shredded coconut
1/2 cup peanut butter
1/2 cup mini chocolate chips
1/2 cup of peeled chopped apple
1/3 cup honey
1 tbsp. chia seeds
1 tsp. vanilla



Instructions:

Combine all ingredients in a large bowl.

Roll and compress the mixture into 1 inch rounds and place on parchment paper.

Refrigerate a few minutes until firm and then transfer to an air tight container.

Refrigerate and enjoy for up to one week.

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