



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*

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Peanut Butter Chip Energy Bites

Serves 12 (2 bites each)

Ingredients:

- ¼ cup honey
- ¼ cup coconut oil, melted
- 1 cup creamy peanut butter
- 3 cups rolled oats
- 3 Tbsp. chia seeds
- 1 cup milk chocolate chips

Directions:

1. In a mixing bowl combine the honey, coconut oil, and peanut butter. Mix until well combined.
2. Then add-in the rolled oats and chia seeds. Stir to mix together.
3. Finish with chocolate chips.
4. Cover and refrigerate for at least 30 minutes.
5. Then remove from the refrigerator and form into bites, about 1-inch each.
6. Place in a storage container or freeze!

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