Peanut Butter Energy Bites

Ingredients:

2 cups old fashioned oats

1 cup peanut butter (creamy or crunchy)

2/3 cup honey/maple syrup

1 cup ground flaxseed or chia seeds

2 teaspoons vanilla extract

1 cup mini choc chips (optional)

2 pinches salt (optional)

Optional Add-Ins:

Chopped nuts e.g. almonds or walnuts

Dried fruits e.g. cranberries or raisins

Coconut flakes

Protein powder

1. In a large mixing bowl combine oats, peanut butter, honey, chia seeds, choc chips, vanilla extract and a pinch of salt. Mix well until all ingredients are thoroughly combined.
2. Add any optional add-ins to the mixture and stir until evenly distributed.
3. Place the mixture in the refrigerator for about 30 minutes. Chilling helps the mixture to firm up making it easier to shape the bites.
4. After the mixture has chilled, take it out of the fridge. With clean hands scoop out a small portion and roll it between your palms to form a bite-sized ball. Repeat until all the mixture is used up, placing the energy bites on a parchment lined tray or plate.
5. Dip them in melted chocolate and chill for a further 30 minutes. Then store in airtight container in the fridge for upto 2 weeks or freeze them for longer storage.
6. Serve them chilled.