



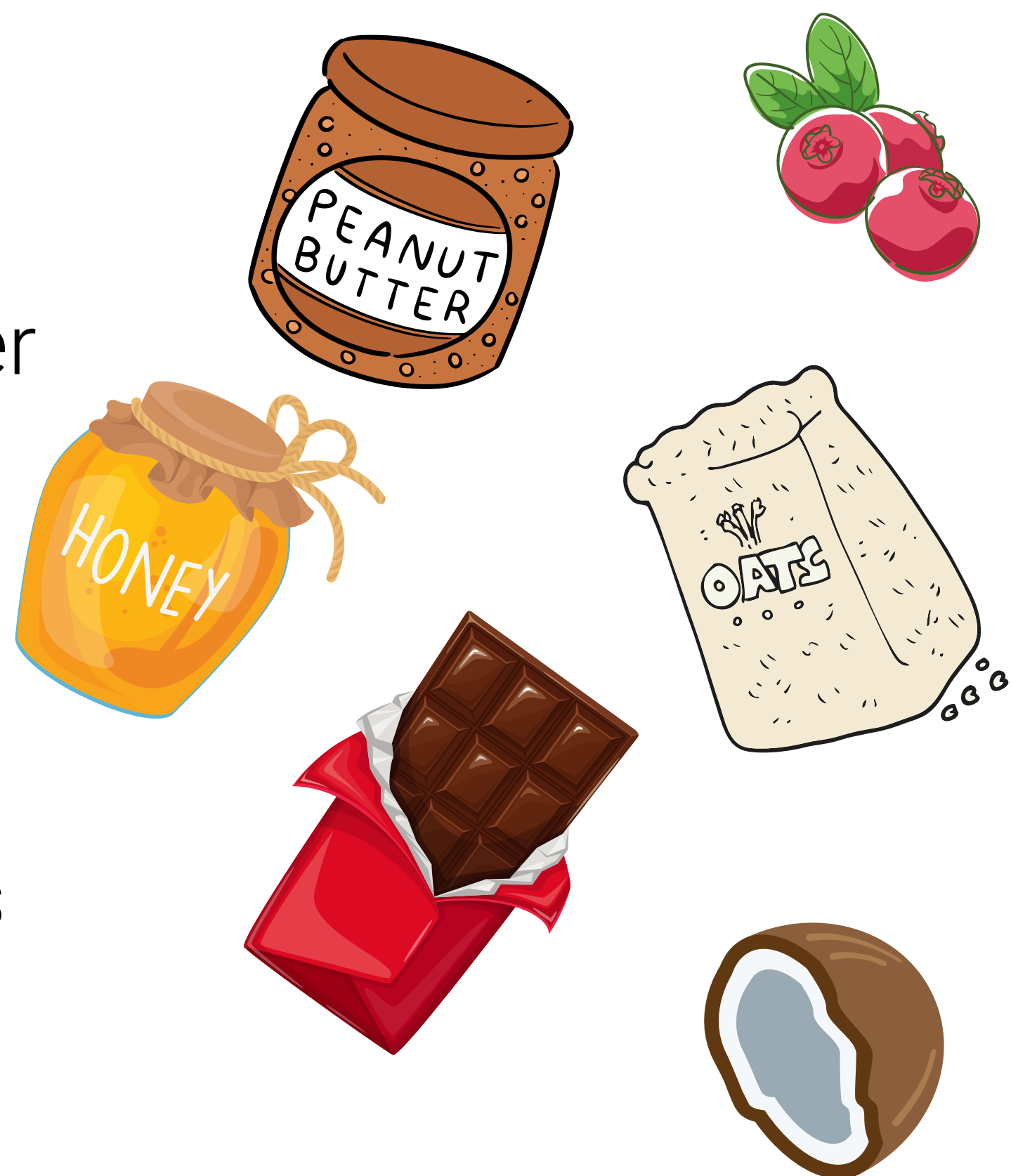
STUDENT
WELLNESS
Live well. Achieve well.

Easy Grab 'n Go Snack Idea: *No-Bake Energy Bites*



Ingredients:

- 2/3 cup creamy peanut butter
- 1 cup old fashioned oats (plus extra for rolling)
- 1.5 tbsp. honey
- 1/4 cup mini chocolate chips (plus extra for rolling)



Optional:

- 1/4 cup flaxseeds, dried cranberries, coconut shreds
- Any other toppings of choice!

Instructions:

1. Mix all ingredients in a bowl until well-combined
2. Cover with plastic wrap and let chill in the fridge for at least 30 minutes
3. Once done chilling, roll into 1 inch balls
4. Lay out a thin layer of oats and chocolate chips and roll the balls in the mixture
5. Store your energy balls in an airtight container in the fridge (1-2 weeks) or freezer (up to 3 months)