

No Bake Peanut Butter Energy Bites

Yield Approximately 2 dozen

Ingredients:

¾ Cup Peanut Butter
1 Cup Rolled Oats, old fashioned or quick
1/3 Cup Honey
1/3 Cup Dried Milk or Buttermilk
1 tsp Vanilla Extract

Mix-In(s) – (use about 2 cups)

Unsweetened Coconut
Mini Chocolate Chips
Diced Dried Fruits
Ground Nuts
Crushed Cookies

Instructions:

- 1. In a large bowl mix together the peanut butter, oats, honey, dry milk and vanilla.**
- 2. Add your mix-in(s)**
- 3. Using your hands, blend and mix together all the ingredients. If the mixture is too dry add more honey, add more oats if too sticky.**
- 4. Using your hands or a tablespoon scoop, portion the dough out to the size of ping-pong balls. Place on a sheet of parchment paper to rest and firm up for about 20 minutes.**
- 5. Store in airtight container in the fridge for up to 2 weeks.**