

No Bake Chocolate Coconut Energy Bites

Prep Time: 5 minutes

Ingredients:

- 1 cup rolled oats
- ¼ cup chocolate chips
- ¼ cup shredded coconut, unsweetened
- 1 tablespoon chia seeds
- ½ cup peanut butter, melted
- 1 tablespoon coconut oil (melted) or olive oil
- 3 tablespoons honey

Directions:

1. In a large bowl, combine all ingredients together until mixture starts to come together in a sticky ball.
2. Place bowl in freezer for 30 minutes, then roll mixture into balls using hands.
3. Store energy bites in the fridge until ready to eat. Store any leftovers in fridge for up to 1 week or the freezer for up to 3 months.

Nutritional Analysis:

Nutrition Facts Serving Size: 1 energy bite Servings per Recipe: 10 bites
Amount per serving: Calories: 190 Fat calories: 108
Total Fat: 12 g Saturated Fat: 5 g Sodium: 50 mg Total Carbohydrate: 20 g Dietary Fiber: 3 g Sugars: 10 g Protein: 6 g



Recipe adapted from: [Energy Bites Recipe Template from CheerfulChoices.com](#)

Recipe handout provided by: Mackenzie Burgess, Dietetic Intern and owner of CheerfulChoices.com