<img class="alignright wp-image-8033 size-medium" src=" " alt="" width="200" height="300">

<meta property="og:LiveWell Magazine" content="livewellmagazine.org" />

<article class="h-recipe">

<h1 class="p-name">Energy Bites</h1>

<h3>Ingredients</h3>

<ul>

<li class="p-ingredient">1 banana, frozen and mashed</li>  
<li class="p-ingredient">1 cup peanut butter</li>  
<li class="p-ingredient">1 tsp vanilla</li>  
<li class="p-ingredient">1 ½ tbsp honey/li>  
<li class="p-ingredient">2 tbsp flaxseed meal</li>  
<li class="p-ingredient">2 tbsp chia seeds</li>  
<li class="p-ingredient">1/4 cup unsweetened coconut flakes</li>  
<li class="p-ingredient">1/3 cup mini chocolate chips</li>  
<li class="p-ingredient">1-1 ¼ cup rolled oats</li>

</ul>

Takes <time class="dt-duration" datetime="20M">20M</time>, serves<data class="p-yield" value="16-20">16-20</data>.</p>

<h3>Instructions</h3>

<ol class="e-instructions">

<li>Mix first 4 ingredients together until smooth.</li>

<li>Stir in next 4 ingredients until well incorporated.</li>

<li>Stir in oats.</li>

<li>Roll into bite size balls, about 2 TB each.</li>

<li> Store in freezer for up to 3 months. Thaw before eating.</li>

</ol>

</article><strong>Need help with healthy eating?</strong> Memorial Weight Loss and Wellness Center offers nutrition counseling to help you maintain a healthy lifestyle. <a href="https://www.memorialweightlossandwellnesscenter.com/Locations" target="\_blank" rel="noopener">Contact us</a> to learn more.