**5 Ingredient Energy Bites**

**Ingredients:**

Makes 12 bites

1.5 c oats, dry

1/3 c honey (or maple syrup)

1/2 c peanut butter

1/3 c dried cranberries

1/3 c crushed walnuts

**Directions:**

1. In a bowl, stir all ingredients together until mixed well
2. Roll mixture into balls, about 1” in diameter (golf ball size)
3. Store in airtight container in refrigerator for up to 1 week
4. Substitute with different nut butters and dried fruits! Add dark chocolate for some extra sweetness or chia/flaxseeds for extra fiber!

*Interested in learning more about nutrition and health? Call the Wellness Center at 255-4444 and schedule an appointment with one of our dietitians.*