



Recreation and
Wellness Center

UNIVERSITY OF COLORADO
COLORADO SPRINGS

INGREDIENTS

- 1 ½ cup Oats, Dry
- 1/3 cup Honey
- ½ cup Almond Butter
- 1/3 cup Chocolate Chips
- 1/3 cup Dried Cherries
- ¼ cup Chia Seeds
- 1/3 cup Unsweetened Coconut, shredded or flakes

DIRECTIONS

1. In a bowl, stir all ingredients together until mixed well.
2. Roll mixture into balls, about 1 inch in diameter.
3. Store in airtight container in refrigerator for up to 1 week.

Tips:

You can sub honey out for maple syrup instead!

Cherry and Chia Seed Energy Bites

Dairy-Free | Gluten Free | Vegetarian | Vegan

Yield:
12 Servings

Prep Time:
5 Min

Cook Time:
5 Min