



## Flax + Chia Energy Bites

### Ingredients

90 g quick-cooking oats  
260 g peanut or nut butter of choice  
33.7 g IntegriPure® Milled Flaxseed  
57 g honey  
2 scoops protein powder  
20 g IntegriPure® Chia Seed  
30 g mini chocolate chips

Yield: 28 bites

1. Combine all dry ingredients.
2. Add peanut butter and honey. Stir until well-combined and the mixture pulls away from the sides of the bowl.
3. If desired add chocolate chips or any other mix-ins that you'd like at this time. (if mixture needs more moisture to hold the ingredients together, you can add 1-2 tbsp of water or more nut butter as needed.)
4. Roll into 1-inch balls.
5. Place in the fridge 30-60 minutes to set up.
6. Store in fridge in an airtight container to maintain shape and freshness.