



# No-Bake Energy Bites

## The Ingredients

- 1 cup whole rolled oats
- ½ cup shredded, unsweetened coconut
- ¼ cup sesame seeds
- ½ cup ground flaxseed meal
- ¼ cup honey (can substitute with maple syrup)
- ¾ cup almond butter
- 1 tsp cinnamon
- ¼ tsp sea salt

## Directions

- In a large bowl, add all ingredients and mix with a spoon until well incorporated. Place bowl in refrigerator for about 10 to 15 minutes or until mixture is firm.
- Using damp hands, scoop out about 1 tablespoon of dough and shape into 1-inch balls. Set aside on a plate and repeat with remaining mixture.
- Enjoy as a snack or store in your fridge/freezer to eat later.

[REFERENCE: KRYSTAL KARGAS NUTRITION](#)