

NO-BAKE ENERGY BITES

 Prep Time: 10 minutes

 Chill Time: 30 minutes

 Total Time: 40 minutes



Servings: 15 - 20

Ingredients:

2 ripe bananas, mashed

½ cup creamy sunflower seed butter

3 cups rolled oats

⅔ cup chocolate chips, allergen-free

1 pinch sea salt

½ tsp ground cinnamon

2 tbsp ground flax seed

Coconut flakes (as needed)

A dash of vanilla extract

Instructions:

1. Mash the bananas in a mixing bowl until they are nice and creamy.
2. Mix in the sunflower seed butter (or nut butter of choice) until thick and creamy.
3. Stir in the oats and chocolate chips, sea salt, ground cinnamon, vanilla extract, and ground flax seed until everything is well incorporated.
4. Transfer the bowl of dough to the freezer for 30 minutes.
5. Line a large baking sheet with parchment paper and scoop the dough using an ice cream scooper. Roll the dough into a ball and put the ball on the parchment.
6. Roll the energy bite in coconut flakes that are spread onto a baking sheet.
7. Enjoy!

Recipe source:
www.theroastedroot.net/3-ingredient-no-bake-banana-oatmeal-cookies

