



NO BAKE TRAIL MIX ENERGY BITES

STEPS:

1. Mix all ingredients together in a large bowl with a wooden spoon until combined.
2. Use a small cookie scoop or a tablespoon to measure out the dough.
3. Using hands, roll bites into balls.
4. Store in an airtight container in the refrigerator for up to two weeks.

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Ingredients List

- 1 cup old-fashioned rolled oats
- 1/4 cup flaxseed meal
- 1/4 teaspoon ground cinnamon
- A pinch of sea salt
- 1/2 cup peanut butter, almond butter or sun butter, plus 2 tablespoons
- 1/4 cup honey
- 1/2 teaspoon vanilla extract
- 3/4 cup trail mix

