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In the Kitchen
with



INSPIRED
NUTRITION
BY KELLEY

IGNITE YOUR HEALING SYSTEM



No Bake Energy Bites

1 cup (dry) oatmeal (I used old-fashioned oats)

2/3 cup toasted coconut flakes

1/2 cup peanut butter

1/2 cup ground flax seed

1/2 cup semisweet chocolate chips (or vegan chocolate chips)

1/3 cup honey or agave nectar

1 tablespoon chia seeds (optional)

1 teaspoon vanilla extract

Find out more from Kelly at
<http://www.inspirednutritionbykelley.com/>

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1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.

2. Once chilled, roll into balls of whatever size you would like. (Mine were about 1" in diameter.) Store in an airtight container and keep refrigerated for up to 1 week.

3. Makes about 20-25 balls.

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