

Chocolate Chip Oat Energy Bites

Ingredients

- 2 ¼ cups Quaker® Oats-Quick 1-Minute Oats
- 1/3 cup unsweetened cocoa powder
- 1/4 cup mini semi-sweet chocolate chips
- 1/2 cup non-fat milk
- 2 tbsp honey

How to make it

1. Place 1/4 cup of oats in food processor or blender; process until finely ground.
2. Place ground oats, remaining 2 cups oats, cocoa powder and chocolate chips in large bowl; stir to combine.
3. In small bowl, whisk together milk and honey until well blended.
4. Add to oats mixture; stir to combine completely.
5. Shape into 24 (about 1-inch diameter) balls.
6. Refrigerate, covered until chilled.



PREP
TIME
1 hr (or
until
chilled)



COOK
TIME
0 min

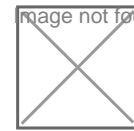


TOTAL
TIME
1 hr



SERVING
24

Made with



Quaker® Oats-Quick 1-Minute Oats