

Peanut Butter Energy Bites



Ingredients

- 1 packet Quaker® Instant Oatmeal - Maple and Brown Sugar
- 1/2 cup Quaker® Old Fashioned Rolled Oats
- 1/4 cup round flaxseed meal
- 3 tbsp unsweetened shredded coconut
- 1 tbsp chia seeds
- 1/2 tsp cinnamon
- 1/2 cup creamy peanut butter (or almond butter)
- 2 tbsp date syrup (or honey)
- 1/2 tsp vanilla extract

How to make it

1. In a medium mixing bowl, combine all dry ingredients and stir to combine. Add all remaining (wet) ingredients and stir with a non-stick spatula until thoroughly mixed.
2. Roll mixture into 8 1-inch balls and place on a parchment lined plate. Refrigerate for 1 hour until set and chilled and enjoy.
3. Can be stored in an airtight container in the refrigerator for up to a week.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	0 min	10 min	8

Made with



Quaker® Instant Oatmeal - Maple and Brown Sugar