

No Bake Energy Bites  
Recipe on back of Trader Joe's Organic Flaxseed Meal

**Ingredients**

1 cup old fashioned rolled oats  
1/2 cup chocolate chips  
1/2 cup ground flaxseed meal  
1/2 cup crunch peanut butter\*  
1/2 cup honey or maple syrup  
1 teaspoon vanilla  
Shredded coconut, optional

**Directions**

Combine all ingredients together in a bowl. Lightly wet hands and form into 1-inch balls. Using a covered container, place shredded coconut in base. Place formed balls in container, cover and shake to coat energy bites. Place on a baking sheet and freeze until set, about 1 hour.

Lucy likes her energy bites rolled in coconut and likes thinks shaking in a covered container is the best way to cover the bites.