



<http://fooddoodles.com/2011/06/28/one-bowl-all-natural-no-bake-energy-bites/>

I am a believer in using what you have. I didn't have coconut on hand so substituted milled flax seeds, brown sesame seeds, chopped walnuts and no sugar added chopped dried apricots to equal one cup.

Idea for other add-ins: chia seeds, poppy seeds, wheat germ, ground (raw) nuts of any kind

Use the finest quality chocolate chips, vanilla extract and honey you can find. You can control the sweetness by decreasing the amount of honey. You may need to add more peanut butter if you do this so the mixture doesn't become too dry for rolling.

Pop a couple in your mouth for a mid-afternoon snack instead of hitting the vending machine at work. Great snack for kids too! If there is a peanut allergy in your family, substitute the peanut butter with sun butter or soy nut butter

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