



No Bake Sunflower Butter Energy Bites

INGREDIENTS

2/3 c creamy sunflower butter

1/2 c dairy-free chocolate chips or dried cranberries

1 c rolled oats

1/2 c ground flax seeds

2 TB honey

DIRECTIONS

1. In a small bowl, stir together the honey and the sunflower butter until smooth.
2. In a large bowl, combine the oats, chocolate chips or cranberries, and the ground flax seeds.
3. Pour the honey and sunflower mixture over the dry ingredients and mix.
4. Place in the refrigerator for 15-30 minutes to make it easier to roll.
5. Remove from refrigerator, roll into balls, and enjoy!