



Prep Time: 10 minutes

Total Time: 10 minutes

Yield: About 20-25 energy bites

INGREDIENTS

- 1 cup whole grain puffed rice cereal or old-fashioned oats
- 1/2 cup creamy natural peanut butter
- 1/2 cup dark or semisweet chocolate chips
- 1/2 cup peanuts or almonds
- 1/2 cup chopped pretzels
- 1/3 cup honey
- 1/2 cup raisins or dried cranberries
- 1/4 cup ground flax seed
- 1 Tbsp. chia seeds (optional)

Instructions:

Stir all ingredients together in a large bowl until evenly coated. Cover and refrigerate for 1-2 hours. *(Refrigeration is not essential, but it helps the balls to maintain their shape.)*

Remove and shape into small 1-inch balls, or press into the bottom of a parchment-lined baking pan to make granola bars. Enjoy immediately, or refrigerate in a sealed container for up to 2 weeks.