

COCONUT ENERGY BITES

INGREDIENTS

ITEM	QUANTITY
• Old-fashioned Rolled Oats	½ Cup
• Unsweetened Shredded Coconut	½ Cup
• Natural Peanut Butter	⅓ Cup
• Maple Syrup	2 Tbsps.
• Vanilla Extract	½ Tsp.
• Pinch of Salt	
• Lactose-free Milk, as needed	1-2 Tbsps.

SERVING SIZE **2 ENERGY BITES**

PREPARATION

- Add the oats, shredded coconut, peanut butter, maple syrup, vanilla, and salt to a bowl.
- Stir until thoroughly combined.
- If the mixture is too dry to hold together, add lactose-free milk 1 tablespoon at a time.
- Refrigerate for 15-20 minutes.
- Roll the mixture into 10 small bites.
- Refrigerate until firm.

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