

PROTEIN ENERGY BITES

INGREDIENTS (MAKES 12 BITES)

1/2 Cup Creamy Peanut Butter
1/2 Cup Dark Chocolate Chips
1 Cup Old Fashioned Oats
1/2 Cup Shredded Coconut
2 Tablespoons Honey



DIRECTIONS

Mix all ingredients together in a bowl until well combined. Roll into 12 balls. Refrigerate for one hour.

VARIATIONS

This recipe is easy to adjust to your family's personal taste. Try adding ingredients such as flax seed, chia, dried fruit, almonds, other nut butters, and more!

Nutrition is the source of energy and nutrients for the human mind, body, and spirit. It can rev you up or slow you down. Making small improvements regularly, such as replacing an unhealthy snack with these protein energy bites, can supercharge your health and give you more energy throughout your day.



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