Yummy Energy Bites

\* 2 cups of Oatmeal

\* 3 tbls Honey

\* ½ cup Chocolate chips (or as much as you would like)

\* ½ cup Peanut Butter

This is sticky and ooey gooey and so yummy. Poor all the ingredients into a big bowl, stir with a giant spoon or spatula, or use washed hands. When the mixture is evenly mixed you can freeze for 20 minutes or put in the fridge for a little to make it a little harder or go for it the way it is. You want about a spoon full or tbls full and you roll it into a ball. Then you set them on a tray or plate and freeze them for 4 hours. You can then transfer them into a freezer safe bag and enjoy one whenever you need a snack. Feel free to use gloves if you have them or put a little on some wax paper and roll, or in a zip lock bag. Those with heighten sensory may not like the sticky or feeling of the mix, so if they try to roll a ball and don’t like it that’s okay.

There is so many things you can add and experiment with. You can try adding ground flax, raisins, or other things like cranberries. You might want more peanut butter or honey, but this will make about 10-12 balls. Give or take depending on the size you make.