

**FEATURED RECIPE:** AVAILABLE AT [WWW.NEWMANRH.ORG/BLOG](http://WWW.NEWMANRH.ORG/BLOG)  
**NO BAKE ENERGY BITES**

½ CUP ROLLED OATS

½ CUP MINI SEMI-SWEET CHOCOLATE CHIPS

½ CUP GROUND FLAX SEED

½ CUP PEANUT BUTTER

¼ CUP PEANUT GRANULES

1/3 CUP HONEY

1 TSP. VANILLA

¼ CUP COCONUT (OPTIONAL)

MIX AND FORM INTO BALLS. YIELDS 24 BITE SIZED PIECES.

*\*IF MADE INTO GOLF SIZED PIECES REDUCE YIELD TO 12.*



**NO BAKE  
ENERGY BITES**

**NUTRITION FACTS: 94 CALORIES AND 1.9 G FIBER \*IF MADE INTO GOLF BALL SIZE: THEN 188 CALORIES, 3.8 G FIBER**