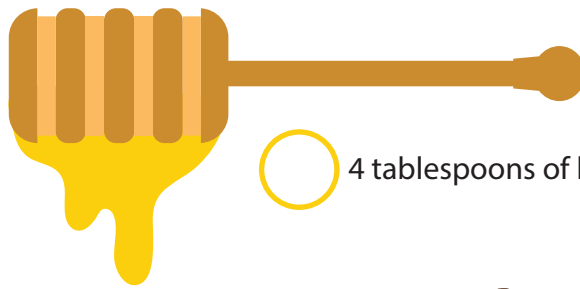


No Bake Cookie

ENERGY BITES

Directions: With the help of an adult, check off the ingredients as you go!

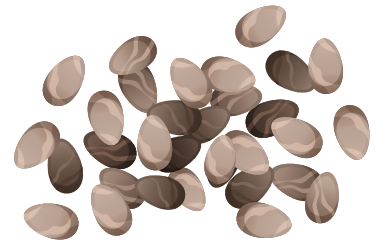
Ingredients



4 tablespoons of honey



1/2 cup of plain M&M's®



2 teaspoons of chia seeds



2 teaspoons of vanilla extract




2 cups of oats



1/2 cup of creamy peanut butter

Directions

Directions: With the help of an adult, check off the directions as you go!

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1. Pour all ingredients together in a large bowl.
 2. Mix well until all ingredients are evenly distributed.
 3. Wash hands thoroughly before moving onto the next step.
 4. Scoop out tablespoon portions and roll into small balls.
 5. Now enjoy! Store energy balls in an airtight container in the fridge for up to two weeks.