

## How I Make the Easiest, Healthiest Snack with Just a Few Ingredients

Why These Energy Bites Are So Addictive (in a good way)



**TIME**  
**10 min**

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**ChefManiac**

### INGREDIENTS

1 cup old-fashioned oats  
¾ cup peanut butter (or almond, cashew, or sunflower seed butter)  
1/3 cup honey or maple syrup  
¾ cup ground flaxseed  
¾ cup mini chocolate chips  
1 teaspoon vanilla extract  
Pinch of salt (optional, but recommended if your nut butter is unsalted)  
1-2 tablespoons chia seeds  
... cup shredded coconut  
A few tablespoons of protein powder  
Cinnamon or a dash of espresso powder for flavor

### DIRECTIONS

- 1.** Step 1: Mix Everything TogetherIn a large mixing bowl, I stir together the oats, flaxseed, chocolate chips, and any extra mix-ins I'm using. Then I add the peanut butter, honey, vanilla, and a pinch of salt. I use a wooden spoon or silicone spatula to mix everything until well combined - the mixture should be thick and sticky.
- 2.** Step 2: Chill the MixtureI like to pop the bowl in the fridge for 20 to 30 minutes. This firms it up and makes it easier to roll the bites without sticking to my hands.
- 3.** Step 3: Roll into BitesOnce chilled, I scoop out about a tablespoon of mixture at a time and roll it into a ball using my hands. I line them up on a parchment-lined tray or plate.
- 4.** Step 4: Store and SnackI transfer the bites to an airtight container and store them in the fridge for up to a week. They also freeze well - just let them thaw for a few minutes before eating.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/how-i-make-the-easiest-healthiest-snack-with-just-a-few-ingredients/>