

Holiday No Bake Energy Bites

A happy, healthy holiday treat.



INGREDIENTS:

1 very ripe banana

1 3/4 cups rolled oats

3 tbsp pure maple syrup
(add more for stickiness)

1/3 cup dark or semi-sweet chocolate chips

Festive toppings! Try sprinkles, coconut, melted chocolate, crushed candy canes

DIRECTIONS:

1. In a large bowl, squish the banana and mix in the rolled oats and maple syrup.
2. Fold in the chocolate chips.
3. Shape batter with your hands, rolling into 1" thick balls.
4. Apply any extra toppings!
5. These can be frozen or placed into the fridge to firm up. Enjoy!

Source: northsouthblonde.com



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