No Bake Energy Bites

Ingredients
1 cup rolled ("Old Fashioned") oats
½ cup mini dark chocolate chips (look for 60% or higher dark chocolate chips)
¼ cup ground flax seeds
¼ cup chia seeds
½ cup crunchy natural peanut butter (the kind with oil floating on top that you need to stir)
⅓ cup honey or pure maple syrup
1 teaspoon vanilla extract

Directions
1. Combine all ingredients in a bowl; form into balls.
2. Place on a parchment or waxed paper-lined baking sheet and place in the fridge or freezer to firm up.

Recipe adapted by Leigh Wagner MS, RDN, LD from AllRecipes.com