No-Bake Granola Bites

Makes about 20-25 bites.

Ingredients

- 250 ml (1 cup) dry oats
- 160 ml (2/3 cup) unsweetened coconut flakes
- 125 ml (½ cup) ‘SunButter’ or ‘Wow Butter’
- 80 ml (1/3 cup) ground flax seed (optional)
- 60 ml (¼ cup) wheat germ (optional)
- 125 ml (½ cup) seeds (i.e. sunflower, pumpkin, hemp, or any combination)
- 80 ml (1/3 cup) liquid honey (or melted honey)
- 5 ml (1 tsp) vanilla extract
- ½ cup raisins or ‘Craisins’ or any combination of chopped dried fruit

Instructions

- Stir all ingredients together in a medium size mixing bowl until thoroughly mixed.
- Chill in refrigerator for half an hour.
- Once chilled, roll into balls (approximately 2.5 cm (1") in diameter works best).
- Store in an airtight container in the refrigerator for up to 1 week.

TIPS:

- If you are not using flax seed or wheat germ, add an extra 125 ml (½ cup) of oats.
- You can substitute the ‘SunButter’ or ‘Wow Butter’ with peanut butter and the seeds with chopped nuts, if allowed.

Adapted from Comfort of Cooking:
www.thecomfortofcooking.com/2013/02/no-bake-granola-energy-bites.html