



No Bake Energy Bites

1 can (14.5 oz.) cannellini beans (white kidney beans), drained and rinsed	1/3 cup honey
1 ½ cup quick cooking oats	2 Tbsp. vanilla
1 ¼ cup peanut butter	Dried cranberries, blueberries, and chocolate chips (<i>optional</i>)

Directions

1. Wash hands with soap and water.
2. Combine all ingredients except dried cranberries, chocolate chips, and blueberries in a food processor, heavy-duty blender, or mix by hand and blend until well combined.
3. Divide mixture into small bowls for a variety of different flavored bites. Add your choice of chocolate chips, dried or fresh fruit that doesn't brown, to the bites, or just leave plain.
4. Use a tablespoon to form balls and place them on a piece of parchment paper.
5. Store leftover balls in an airtight container in the refrigerator for a quick snack or freezer for later use. **Yield:** 50 balls

Nutrition Facts (per 2 balls serving without optional ingredients): 130 calories, 7 grams fat, 70 milligrams sodium, 12 grams carbohydrate, 3 grams fiber, 4 grams protein