

No-Bake Energy Bites: Snack Idea



Ingredients:

- $\frac{1}{2}$ cup peanut butter
- $\frac{1}{3}$ cup honey
- 1 tsp. Vanilla
- $1 \frac{1}{4}$ cups old fashioned rolled oats
- $\frac{1}{2}$ cup shredded coconut (unsweetened for less added sugar)
- $\frac{1}{4}$ to $\frac{1}{2}$ cup of other add ins: dark chocolate chips, chopped nuts, seeds, etc.
- Optional: 2 T. of ground flax seed

Directions:

1. In a large bowl add the peanut butter, honey, and vanilla. Stir to combine. Once combined, add the rest of the ingredients. Mix well. If too sticky, add more dry ingredients such as oats.
2. Place in fridge for about 30 minutes. Remove and scoop some mix out and roll into a ball. It helps to squeeze it together so it stays compacted. Then roll into a ball.
3. Place in an airtight container or zip lock bag. Store in fridge or freezer for a quick and easy snack.

Butterfly Fruity Frozen Yogurt Snacks



A quick frozen DIY treat using just a few ingredients.

Prep Time 5 minutes

Total Time 2 hours 5 minutes

Servings 6 servings

Calories 118 kcal

Author TipBuzz

Ingredients

- 16 ounces yogurt vanilla flavor
- 1 Kiwi
- 1/4 cup blueberries
- 1/4 cup raspberries
- 1/4 cup Almonds

Instructions

1. Take 6 paper or silicone baking cups and place into a muffin pan.
2. Spoon approximately 1/4 cup of yogurt into each cup.
3. Cut the kiwi into 4 half-moon slices and 12 matchsticks.
4. For each cup, gently place an almond in the middle and fruits on either side.
5. Freeze for at least 2 hours. Serve