

Energy Bites

1 1/2 cups rolled oats *
3/4 cup mashed banana
1/2 cup roughly chopped walnuts *
1/4 cup chocolate chips *
1/4 cup chopped dried tart cherries *
1/4 cup natural peanut butter *
2 Tbsp. chia seeds *
Pinch of salt *
Parchment paper *

Preheat oven to 350 degrees.

Mix all of these together in a medium bowl till well blended.

Form packed tablespoonfuls into balls and bake on a parchment-lined baking sheet for 15 minutes. Let cool.

Makes app. 25 bites.

Photo courtesy of camp makery, recipe from Family Circle

Items with a star behind them are available at the Countryside Co-op