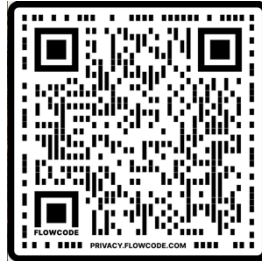


# No Bake Snack Bites

By: *HealingStrong*

|            |        |
|------------|--------|
| Prep time: | 10 min |
| Cook time: | 2 min  |
| Serves:    | 4 to 6 |



## Ingredients:

- 1 c. quick cooking oats
- 1/3 c. flax meal (ground flax seeds)
- 1/2 c. sunflower seed butter
- 1/4 c. maple syrup or honey or 6 pitted dates
- 1/8 c. raw or toasted sunflower seeds
- 1/8 c. chocolate chips (Lily's brand are sweetened with Stevia)

## Directions:

- Place first 4 ingredients in a food processor and blend until it begins to stick together
- Stir in sunflower seeds and chocolate chips. If the mixture is too dry to hold together, add a bit more maple syrup or a little bit of coconut oil.
- Form into balls and store in the refrigerator