

- Mix ingredients all together in a bowl and enjoy!



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