

FLIPANY[®]
The Ingredient to a Healthy Life

Snack Bites



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Prep Time: 15 minutes

Cook Time: 20 minutes

Yields: 20 Servings

INGREDIENTS

1 cup	Rolled oats
1 cup	Unsweetened coconut flakes
1/3 cup	Honey
3 tbsp	Flax seeds
1 tsp	Vanilla extract
1/4 cup	Mini dark chocolate chips

CHEF'S CORNER

- You can ground the flax seeds to make them easier for absorption, which will allow for uptake of more nutrients, such as omega-3s and fiber.

HEALTHY TIP!

- Oats and flaxseed are a great source of fiber, which helps with digestion and they help clean our digestive tract.

DIRECTIONS

1. In a medium bowl, combine all ingredients except chocolate chips.
2. Stir to combine.
3. Add chocolate chips to mixture and stir again, just until combined.
4. Using your hands, press **FIRMLY** to form one-inch balls.
5. Place in airtight container and refrigerate up to 5 days.



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FLIPANY's mission is to foster healthy lives through nutrition education, physical activities, and wellness initiatives.

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