

Here's a recipe from our own Five Forward Hospitality Manager, CRR Jeanene Holl: a tasty *Elite Forces* pick-me-up that's better than dehydrated rations packets. And, you can never tell, the replicator may already have the formula tasty programmed. 👍

No-Bake Energy Bites

These chocolate peanut butter no-bake energy bites taste just like a cookie, although they are full of protein and naturally sweetened.

1 cup (dry) oatmeal (3¼ oz.)

2/3 cup coconut flakes (2-3/8 oz.)

1/2 cup peanut butter (4½ oz.) *(I used natural)*

1/2 cup ground flax seed (1¾ oz.)

1/3 cup honey or agave nectar (honey 3½ oz.)

1/2 cup semisweet choc chips (3 oz.) or ¼ cup unsweetened cocoa powder *(I used ½ cup mini choc chips)*

1 tablespoon chia seeds (5/8 oz.)

1 teaspoon vanilla extract

Stir all ingredients together in a medium bowl until thoroughly mixed.

Cover and chill in the refrigerator for at least half an hour.

Once chilled, roll into balls of whatever size you would like. *(Mine were about 1" in diameter.)*

Store in an airtight container and keep refrigerated for up to 1 week.

Makes about 20-25 balls. *(Mine were 1-1/8 ounce each and made 15.)*

*If the mix seems too dry, add in an extra tablespoon or two of honey or peanut butter. If the mix seems to wet (which may happen if you use natural peanut butter), add extra oatmeal.