



# No-Bake Nutella Bites

## ingredients

- 2 Cups Oats
- 1 1/4 Cups Nutella
- 1/4 Cup Honey
- 1/2 Cup Chopped Walnuts
- 1/4 Cup Flaxseed
- 1/2 Cup Coconut Flakes

## A Healthy Snack!

- Balanced with healthy fats from the walnuts, flax-seeds & Nutella and carbohydrates and whole grains from the honey and oats.
- Nuts and seeds are also a great source of vitamins and minerals!
- This snack will give you energy and keep you feeling full between meals.

## directions

- Combine all of the ingredients in a medium sized bowl.
- If the mixture is difficult to stir, simply place the bowl in the microwave for 15 to 30 seconds to soften it up.
- Stir until all of the ingredients are combined.
- Refrigerate the “dough” for about half an hour, this will help it stick together better.
- After the dough is cooled, scoop it up by the spoonful and roll into bite-sized balls.
- Store these in the freezer or the fridge, and indulge as you please!