

Nut Free Energy Bites



Ingredients:

- 1/3 cup, honey
- 1 teaspoon, vanilla
- 1/2 cup, honey graham crackers
- 1 cup, dried oatmeal

Directions:

1. Grind graham crackers and dried oatmeal in food processor or blender.
2. In large bowl, blend all ingredients together.
3. Use desired measurements to form and shape ball size bites.
4. Chill in refrigerator.

Makes 4-6 Servings



Tarrant County Public Health
<http://health.tarrantcounty.com>