



My True Village



LACTATION · RECIPES

No-Bake Lactation Energy Bites

Five minutes, one bowl, no oven. Keep a stash in the freezer.

MAKES ABOUT 20 · 15 MINUTES · NO BAKE

Ingredients

- 1 cup old-fashioned oats
- 2 tablespoons brewer's yeast
- 1/2 cup peanut butter (or almond butter)
- 1/3 cup mini dark chocolate chips
- 1/3 cup honey or maple syrup
- 1 teaspoon vanilla
- 2 tablespoons ground flaxseed
- A pinch of salt

Make it

1. Stir everything together in one bowl until it holds when you press it.
2. Chill about 20 minutes so it firms up.
3. Roll into tablespoon-size balls.
4. Keep in the fridge up to a week, or freeze up to three months.

MAKE-AHEAD TIP

Freeze in a labeled bag and grab one straight from the freezer. They travel beautifully in a jar for a village drop-off.

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Made with care for new moms everywhere