

Presentation Description

This session will enlighten you on how to cook with honey by substituting honey for sugar, adding flavor combinations, and sharing some quick recipe ideas! As Virginia is demonstrating a recipe LIVE, she will share helpful tips to blend the honey throughout the dish. Broaden your horizons with the diversity of honey!

NO BAKE ENERGY BITES

Ingredients

1 cup old-fashioned oats
2/3 cup toasted shredded coconut (sweetened or unsweetened)
1/2 cup creamy peanut butter
1/2 cup ground flaxseed
1/2 cup semisweet chocolate chips (or vegan chocolate chips)
1/3 cup honey
1 tablespoon chia seeds (optional)
1 teaspoon vanilla extract

Instructions

- 1) Mix wet ingredients
- 2) Mix dry ingredients
- 3) Combine wet and dry and either press out into greased pan or roll into bite-sized chews.