

Hello Friends

AS A "THANK YOU!" FOR CONTINUALLY BEING A SOURCE OF ENCOURAGEMENT AND SUPPORT TO US AS WE SERVE CHRIST WHEREVER HE CALLS US, WE'D LIKE TO SHARE THIS HEALTHY & ADDICTIVE SNACK WITH YOU. WE ORIGINALLY RECEIVED THIS RECIPE FROM OUR BELOVED FRIEND ROBYN W. WHICH WAS ADAPTED FROM MY CRAZY GOOD LIFE®. MAY THIS NOURISH YOUR BODY, SHARPEN YOUR MIND AND COMFORT YOUR SOUL!

WE PRAY THIS CHRISTMAS AND NEW YEAR FILLS YOUR LIFE JOY, YOUR HEART WITH HOPE AND OUR WORLD WITH PEACE.

"FOR TO US A CHILD IS BORN." -ISAIAH 9:6

ith love,

NICH & TRICIA, NAOMI (ALMOST 6!), TOSH (4), AND ROHAN (1.5)

No-Bake Oatmeal Bites

INGREDIENTS

2 cups quick oats ½ cup dark chocolate chips/cocoa nibs (optional) ⅔ cup unsweetened coconut flakes ½ cup nut or seed butter ⅓ cup raw honey 1 tsp vanilla extract ¼ tsp sea salt

DIRECTIONS

- In a large bowl, mix together the oats, chocolate chips or nibs, and coconut flakes.
- 2. Add the nut or seed butter, honey, vanilla, and salt. Mix well until evenly combined.
- Chill mixture in the refrigerator for an hour, then roll out bites about an inch in diameter. Refrigerate & store in an airtight container. Makes 40 bites.