**Dark Chocolate-Coconut-Peanut Butter Energy Bites**

**Ingredients:**
- 1 cup old fashioned oats
- 1/2 cup dark chocolate chips
- 1/3 cup honey or maple syrup
- 1/2 cup unsweetened coconut flakes
- 1/2 cup natural peanut butter
- 1 tsp. vanilla extract

**Directions:**
Stir all ingredients together in a medium sized bowl until thoroughly mixed. Cover and chill in fridge for 30 minutes. Once chilled, roll into balls/bites. Place in container and store in the fridge for up to ~1 week.

Quick, easy, and cheap! - Abby Bellows, Nutrition Coach

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**FAQ OF THE MONTH**

**Is coffee good or bad for me?**

Ever heard that old expression, everything in moderation? It applies here, too. Research shows there are some health benefits of drinking coffee. There are many key antioxidants that can help prevent chronic diseases, it can keep your digestive system regular, and it’s low in calories (as long as you watch what you put in it). A black cup of coffee, with a little skim or low fat milk will have as little as about 40-80 calories. Be mindful of the sugar and creamers you add, as they can add to the calorie content (and they’re not the quality calories we want!) You can always talk to your sports nutrition team about a specific plan for you.

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**If you have low iron, these are some good go-to supplements. Take them together, 2-3 times every day, ideally on an empty stomach. Vitamin C helps the body absorb iron. See your sports RD for more information, and always consult with your nutrition team before taking these or any supplements.**