

Energy balls



What you will need

- // 1 cup rolled oats
- // 1/2 cup chocolate chips
- // 1/2 cup ground flax meal
- // 1/2 cup of your favorite nut or "non-nut" butter (peanut butter, cashew, almond, sunflower)
- // 1/3 cup honey
- // 1 teaspoon vanilla extract
- // 1/4 teaspoon salt

Directions

- 1 Stir all the ingredients together in a bowl.
- 2 Roll into bite-sized balls; keep a bowl of water handy to keep hands moist and prevent ingredients from sticking to your hands. Refrigerate for an hour or until firm.
- 3 Depending on the size of your "bite," the recipe makes 20-24 energy balls.

Enjoy!



Be creative!

You can substitute chia seeds for flax seeds or raisins or chopped Medjool dates for the chocolate chips. You can even roll the assembled balls in cocoa powder and/or coconut. Use your imagination and make use of ingredients you already have at home.