

No Bake Energy Balls

Energy Balls (No Bake)

Makes 24-28 balls

TIME: 30 minutes

INGREDIENTS

½ cup Chopped Dried Fruit (dates, apricots, cranberries, currants)
½ c mini-chocolate chips (or chop up regular choc chips)
½ c Peanut Butter, Almond Butter or WOW Butter
1 c Ground Oats
¼ c Ground Flaxseed
1/3 c Liquid Honey
½ tsp cinnamon
1 tsp vanilla

EQUIPMENT

2 Mixing Bowls
Wooden Spoon
Cookie Sheet or Tray

DIRECTIONS

1. Mix the dried fruit, chocolate chips, oats, flaxseed and cinnamon together in one bowl.
2. In a separate bowl mix the nut butter/WOW butter, honey and cinnamon.
3. Combine all of the mixtures together. Form in to small balls (about one teaspoon is size).
4. They are ready to eat! Or you can place them on a tray or cookie sheet. Freeze for 10-15 minutes.
5. Can keep them frozen and take out when needed.

Nutrition Facts (per ball): 95 calories, 2 g protein, 12 g carbs, 4.5 g fat, 1.5 g fibre, 0.5 mg iron, 37 mg potassium, 1.7 mg folate, 2 mg caffeine
