

No Bake Energy Balls

yield: 18 1-INCH BALLS
prep time: 20 MINUTES

cook time: 0 MINUTES
total time: 20 MINUTES



INGREDIENTS

1¼ cup rolled oats
2-4 tbsp mix-ins (each)
½ cup nut or seed butter
⅓ cup honey
½ cup chocolate chips
1 tsp vanilla extract
¼ tsp salt

INSTRUCTIONS

1. Add all ingredients to a mixing bowl. Stir to combine.
2. Chill in refrigerator for 40 minutes if needed.
3. Roll into balls, approximately 1 inch in diameter.

*Make these energy balls to have as a quick bite-size snack.
Customize the nut/seed butter and the mix-ins to fit your preferences!*



Mix-Ins: chia seeds, ground flaxseeds, hemp seeds, coconut flakes, cocoa powder, raisins, white chocolate chips, dried cranberries, chopped nuts.

Nut & Seed Butters: peanut, sunflower seed, cashew, almond, soy.

Chilling Recommendation: chill mixture in refrigerator if needed before rolling (40 minutes) to help them stick together. Store leftovers in an airtight container in refrigerator (2 weeks) or freezer (3 months).