

Classic Energy Balls – makes ~18-22 balls

<https://www.eminencenutrition.com/classic-energy-balls>



Ingredients:

- 1 cup Oats
- $\frac{2}{3}$ cup Unsweetened coconut flakes
- $\frac{1}{2}$ cup Natural peanut butter
 - o Or any kind of nut butter
 - o Or tahini butter for a *nut free ball*
- $\frac{1}{2}$ cup Ground flaxseed
- 2 tbsp. Chia seeds
- 3 tbsp. Honey
 - o Or maple syrup, or agave
- 1 tsp. Vanilla
- Chocolate chips (optional)

Directions:

1. Combine all ingredients into a bowl and stir until mixed.
2. Add more peanut butter or honey if the mixture doesn't hold together to form balls.
3. Roll into 1" balls, flat mini bars, or any shape you'd like!
4. Separate into snack baggies with 2 balls as a serving for a snack.
5. Store in the fridge. They also freeze very well, so you can double or even triple the batch store in the freezer.
6. Enjoy! 😊