

Energy Balls

Ingredients

ENERGY BALL BASE:

- 1 1/4 cups rolled oats you can also swap quick oats or a blend of half quick, half old fashioned
- 2 tablespoons "power mix-ins" chia seeds, flaxseeds, hemp seeds or additional rolled oats
- 1/2 cup nut butter or seed butter
- 1/3 cup sticky liquid sweetener of choice, honey or maple syrup
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon kosher salt
- 1/2 cup mix-ins (see below for flavor options)

CLASSIC CHOCOLATE CHIP:

- Use honey + 1/2 cup chocolate chips

TRAIL MIX:

- Use peanut butter and honey + 3 tablespoons chocolate chips, 3 tablespoons chopped peanuts and 2 tablespoons raisins

WHITE CHOCOLATE CRANBERRY:

- Use almond or cashew butter and honey + 1/4 cup dried cranberries and 1/4 cup white chocolate chips

ALMOND JOY:

- Replace 1/2 cup of the oats with 1/2 cup unsweetened coconut flakes, use almond butter + 1/4 cup chocolate chips and 1/4 cup chopped almonds

DOUBLE CHOCOLATE:

- Add 1/2 cup mini chocolate chips + 2 tablespoons cocoa powder

OATMEAL RAISIN COOKIE:

- Use almond or cashew butter, maple syrup + 1/2 cup raisins and 1/4 teaspoon cinnamon

Instructions

- Place all of the ingredients in a large mixing bowl. Stir to combine. If the mixture seems too wet, add a bit more oats. If it's too dry, add a bit more nut butter. It should resemble a somewhat sticky dough that holds together when lightly squeezed. Place the bowl in the refrigerator for 30 minutes to set.
- Remove the bowl from the refrigerator and portion the dough into 1-inch sized balls. Store leftover energy balls in an airtight container in the refrigerator for up to 2 weeks or freeze for up to 3 months.

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