

Energy balls



Recipe by: Jill Burns, RD

What you need

- 1 cup of rolled oats
- 2/3 cup of peanut butter
- 2 tablespoons of raisins or cranberries or chopped dates or chocolate chips
- 2 tablespoons of honey (optional)

Servings: 20

Preparation (*10 minutes*):

1. In a bowl mix the oats, peanut butter, and raisins/cranberries/chocolate chips/chopped dates/honey until well combined
2. Take a spoon sized amount, roll into a ball and place on a plate
3. Place the balls in the refrigerator to make them less sticky
4. Will keep for up to 2 weeks or can be frozen to last longer



Tip

These are great little power boosters. Filled with protein and energy for 'on the go' or before a sports game!