

NO BAKE OAT ENERGY BALLS

Recipe by Stanford Health Improvement Program

Ingredients

- ½ cup rolled oats
- ½ cup of an unsalted nut butter (ex: peanut, almond, sunflower)
- 2 Tablespoons flax meal (may replace with almond or oat flour)
- 2 heaping Tablespoons of cranberries, raisins, or chocolate chips
- 1/8 teaspoon salt

Directions

1. Mix ingredients in a medium sized bowl.
2. Roll into golf-size balls onto a tray or plate and place in freezer to harden.
3. Keep frozen or refrigerated until you are ready to eat.

Makes ~16 balls