**No Bake Oatmeal Energy Balls**

Start with this easy base recipe, then add any of your favorite mix-ins.

YIELD: about 18 (1-inch) balls PREP TIME: Ingredients:

1 1/4 cups Rolled Oats

2 tablespoons “power mix-ins” (chia seeds, flaxseeds, hemp seeds),

1/2 cup peanut butter

1/3 cup honey

1 teaspoon pure vanilla extract

1/4 teaspoon salt

1/2 cup mix-ins :

* chocolate chips
* raisins
* chopped almonds
* craisins
* sunflower seeds

Directions:

Place all of the ingredients in a large mixing bowl: oats, power mix-ins, nut butter, sweetener, vanilla extract, salt, mix-ins, and any other spices you’d like to add. 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 (this will make the balls easier to roll later on).

Remove the bowl from the refrigerator and portion the dough into balls of desired size. (I use a cookie scoop to make mine approximately 1 inch in diameter). Enjoy!

Store energy balls in an airtight container in the refrigerator for up to 2 weeks or freeze for up to 3 months.