

No Bake Oatmeal Energy Balls

Ingredients

1 cup rolled oats

½ cup peanut butter or any nut butter

1/3 cup honey

1 teaspoon vanilla extract

½ cup mini chocolate chips

Optional: ½ cup ground flax or chia seeds

Directions

Mix the above ingredients together in a bowl until combined well. Cover and refrigerate for 1 to 2 hours. Roll into balls and enjoy immediately or place in airtight container and store in the fridge for up to one week.