

OATMEAL CHOCOLATE CHIP POWER BALLS

I have to say these are about the easiest and quickest treat to make. I can whip these power-packed babies up in TEN minutes. They are a great treat to put in my kids lunch, have after a workout or a mid-afternoon pick-me up. These are high in protein and have our needed omega-3 and 6's fatty acids.

Makes about 12 balls



INGREDIENTS

1 cup + 1 tablespoon oats
½ cup of raw almond butter
1 tablespoon maple syrup
2 tablespoons of dark chocolate chips
1 tablespoon pumpkin seeds
1 tablespoon hemp seeds
½ tsp. cinnamon
¼ tsp sea salt

METHOD

1. Stir together oats and almond butter. Then add in maple syrup, seeds, chocolate chips, cinnamon and salt.
2. Mix until thoroughly combined (you can just go ahead and use your hands). Add some more oats if mixture feels too wet.
3. Spoon out 1 tablespoons' worth and firmly shape into a ball. You might need to firmly squeeze them into a ball so they keep their shape.
4. Place in a container and put in the fridge to "set" for 30 minutes.

*Make a double batch and put in freezer to later enjoyment!!