

No Bake Energy Balls

- 1 cup oatmeal
- 1 cup coconut flakes
- 1/2 cup ground flaxseed
- 1/2 cup mini chocolate chips
- 1/2 cup peanut butter (or other nut butter)
- 1/3 cup honey
- 1 tsp. vanilla

Mix first four ingredients in medium bowl. Add remaining ingredients, and stir well until thoroughly incorporated. Cover bowl with plastic wrap and chill in the refrigerator for half an hour. Once chilled, roll into 1-inch balls and enjoy! Store in airtight container and keep refrigerated for up to 1 week.

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All of our recipes can be found online at www.uvu.edu/wellnessed

No Bake Energy Balls

- 1 cup oatmeal
- 1 cup coconut flakes
- ½ cup ground flaxseed
- ½ cup mini chocolate chips
- ½ cup peanut butter
- 1/3 cup honey
- 1 tsp. Vanilla

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