OATMEAL ENERGY BALLS

READY IN **10 MIN** **10** SERVINGS

This is a great substitute for cookies and other heavily processed treats. They are simple to make and perfect for batch making and freezing. Bring them to a gathering, and you will be asked for the recipe!

INGREDIENTS

1 cup organic oats
½ cup almond butter
1 teaspoon vanilla
¼ cup ground flax seed
¼ cup maple syrup
1 teaspoon cinnamon
½ teaspoon nutmeg
1 dash of ground cloves
¼ cup dark chocolate chips
¼ cup raisins (optional)

DIRECTIONS

1. Line a large plate or cookie sheet with parchment paper.
2. Place all ingredients except for the chocolate chips in a medium mixing bowl. Mix well and then gently stir in the chocolate chips.
3. Roll into balls about one inch in diameter and place on parchment paper.
4. Store in an airtight container in the refrigerator for up to 7 days, or in the freezer.

NOTES

You can easily add protein to this recipe by omitting the maple syrup and/or adding a scoop of your favorite chocolate protein powder and a small amount of water.

SIMPLE STEPS WITH Sandra