

Ingredients

1/4 cup oats

2 Tablespoons peanut butter

1 Tablespoon honey

1/4 cup chia seeds, flax meal or protein powder

2 Tablespoons chocolate chips, raisins or other small dried fruit, or chopped nuts

Optional: 1/4 teaspoon vanilla extract

Directions

1. Stir together all ingredients until well mixed.
2. Roll into 1 inch balls.
3. Refrigerate until firm (about 1 hour).
4. Store in refrigerator.



Makes 5-6 balls