

Pumpkin Energy Balls

**STUDENT
HEALTH
& WELLNESS**

Ingredients

- 1 cup oatmeal (quick oats work best)
- ¼ cup pumpkin puree
- ½ teaspoon pumpkin pie spice
- ¼ cup brown sugar
- ¼ cup raisins or chocolate chips
- Optional: 1 Tablespoon chia seeds or flax meal



Directions

1. Combine all ingredients in a mixing bowl. Stir until well mixed.
2. Form into 1-inch balls and roll in powdered sugar or coconut.
3. Refrigerate until firm. Store in refrigerator.

Makes 10-12 balls