

# NOURISH

*holistic health & nutrition*

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## *No-Bake Oatmeal Energy Balls*

### **Ingredients:**

- 1 ¼ c. gluten-free rolled oats
- 2 tbsp. chia seeds, flax seeds, or hemp seeds
- ½ c. nut butter of your choice (peanut butt, almond butter, cashew butter)
- 1/3 c. of honey or maple syrup
- 1 tsp. vanilla extract
- 3 tbsp. chocolate chips
- 3 tbsp. chopped nuts
- 2 tbsp. raisins

### **Directions:**

Mix all ingredients in a large bowl. The dough should be slightly sticky and hold together when lightly squeezed. If the dough is too wet, add more oats. If the dough is too dry, add more nut butter

Refrigerate the dough for 30 minutes (this will help with rolling the dough into balls)

Remove the bowl from the refrigerator and portion the dough into 1-inch balls

Store in an airtight container in the refrigerator