

RECIPE

# Energy Balls



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Grace Functional Nutrition

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## Ingredients

- 1 cup rolled oats
- ½ cup ground flax
- ½ cup nut or seed butter
- 1 Tbs chia seeds
- ½ cup mini chocolate chips (semi-sweet)
- 2 tsp vanilla extract
- ⅓ cup honey or maple syrup
- ¼ tsp salt

## Preparation

1. Combine all ingredients in a bowl, and mix thoroughly.
2. Roll into 1-in sized balls, and place on flat dish so they are not touching (if dough is too sticky place in fridge for 30-60 minutes before rolling).
3. Freeze balls to set for 1 hour, then store in an airtight container in the fridge for up to 1 week.