

5 Ingredient Energy Balls:

1 cup of old-fashioned Oats

2/3 cup of creamy Peanut Butter – may need a bit more

1/2 cup of Chocolate Chips

1/2 cup of ground Flax seed

2 TBS of Honey – may need a bit more

Mix it all together. May add a bit more peanut butter and or honey for consistency.

Put the mix in the fridge to help in rolling the balls. Maybe 10 minutes.

Roll them into some balls or use a scoop to shape them.

Put them in a zippy bag in the fridge or freezer.

In the fridge for up to one week. In the freezer as long as you like.