

No Bake Oatmeal Energy Balls



Prep Time: 10 minutes

Total Time: 40 minutes

Servings: 18 1-inch balls (*approx.*)

Ingredients

1 $\frac{1}{4}$ cup rolled oats

2 tablespoons of "power mix-ins" (*chia seeds, flax seeds, hemp seeds, or additional rolled oats*)

$\frac{1}{2}$ cup of nut butter (*for a nut-free version, substitute sunflower-seed, cookie butter, or soy-nut butter*)

$\frac{1}{3}$ cup of sticky liquid sweetener of choice (*honey or maple syrup*)

1 teaspoon pure vanilla extract (*optional*)

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ cup mix-ins (*see below for flavor options*)

Optional Add-Ins Include:

Classic Chocolate Chip: $\frac{1}{2}$ cup chocolate chips

Trail Mix: 3 tablespoons chocolate chips, 3 tablespoons chopped peanuts, 2 tablespoons raisins

White Chocolate Cranberry: $\frac{1}{4}$ cup dried cranberries, $\frac{1}{4}$ cup white chocolate chips

Almond Joy: replace $\frac{1}{2}$ cup of oatmeal with $\frac{1}{2}$ cup unsweetened coconut flakes, $\frac{1}{4}$ cup chocolate chips, $\frac{1}{4}$ cup chopped almonds

Double Chocolate: $\frac{1}{2}$ cup mini chocolate chips and 2 tablespoons cocoa powder

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Instructions

1. Place all ingredients in a large mixing bowl. Stir to combine.
2. Recipe should resemble a somewhat sticky dough that holds together when lightly squeezed. If the mixture seems too wet, add a bit more oats. If it is too dry, add a bit more nut butter.
3. Place bowl in refrigerator for 30 minutes to set.
4. Remove bowl from the refrigerator and portion the dough into 1-inch balls.

Nutritional Estimates *(for classic chocolate chip variation)*

Serving Size: 1 ball

Calories per serving: 130+ *(depending on ingredient options)*



Fun Facts & Tips

- Oats are incredibly nutritious. They are a good source of fiber and contain more protein than most grains.
- It takes about 540 peanuts to make a 12-ounce jar of peanut butter.
- Peanut butter is rich in proteins, vitamins, and minerals, including magnesium and zinc, which support your metabolism, immune system, and muscle health.
- Bees make a lot of honey. A hive of honey bees can make and store up to two pounds of honey in a single day.

Visit www.choosemyplate.gov for more information on healthy eating.

