



No-Bake Peanut Butter Energy Balls

Quick Meal Cards: Snacks

Ingredients

- $\frac{3}{4}$ cup shredded unsweetened coconut
- 1 cup traditional rolled oats
- $\frac{1}{2}$ cup natural peanut butter
- 3 tablespoon ground flaxseeds*
- $\frac{1}{2}$ cup dried fruit
- $\frac{1}{2}$ cup raw sunflower seeds
- $\frac{1}{4}$ cup honey or maple syrup
- $\frac{3}{4}$ teaspoon vanilla extract
- Water, as needed

**You can purchase whole flaxseeds and grind them yourself by crushing in a sandwich bag or in a food processor.*

Try different dried fruits, seeds, or chopped nuts for new flavors and textures.

Directions

1. Combine shredded coconut, oats, peanut butter, ground flaxseeds, dried fruit, sunflower seeds, honey, and vanilla extract in a large mixing bowl. Cover and let sit in refrigerator for 30 minutes.
2. After 30 minutes, check the mixture. If the mixture seems dry and crumbly, add water until the mixture is sticky.
3. Roll the mixture into small balls about 1.5 inches in diameter.

Notes: You can toast the shredded coconut to intensify the flavor. To do this, heat in a pan on the stove over medium heat for about 2 minutes or until golden brown. Watch carefully to prevent burning.

Yield: 20 servings

Total Time: 40 minutes