

Power Balls

1 cup nut butter

1 cup honey (or 1/2 cup honey & 1/2 cup brown rice syrup)

3 cups raw oats

½ cup ground flax meal

½ cup dried fruit of choice

½ cup nuts of choice

½ cup chocolate chips

Combine all ingredients in a mixer. If you do not have a mixer, combine the dry ingredients in a food processor. Transfer the ingredients to a large bowl. Then combine the wet ingredients in a food processor. Transfer the wet ingredients to the large bowl with the dry ingredients. Stir until combined. Use your hands to roll dough into small 1" balls. Place balls on a cookie sheet lined with parchment or wax paper. Refrigerate on the cookie sheet uncovered for one hour. Then transfer the balls to a glass container for storage in the refrigerator for up to 10 days. The dough should yield 28 balls.