



## No-Bake Oatmeal Energy Balls

Try this delicious no-bake Energy Ball recipe! An added bonus, there are six variations so you can include whatever is your favourite, or whatever you have in your pantry! Start with this easy base recipe, then add any of your favorite mix-ins. See mix in notes for nut butter and sweetener suggestions!

### INGREDIENTS

#### ENERGY BALL BASE:

- 1 1/4 cups rolled oats — *you can also swap quick oats or a blend of half quick, half old fashioned, gluten free, whatever you have on hand!*
- 2 tablespoons "power mix-ins" — *chia seeds, flaxseeds, hemp seeds, or additional rolled oats*
- 1/2 cup nut butter of choice — *peanut butter, cashew butter, almond butter, sunflower seed butter*
- 1/3 cup sticky liquid sweetener of choice — *honey or maple syrup*
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon kosher salt
- "**MIX-IN**" of your choice! — *see below for flavor options*

#### "**MIX-IN**" FLAVOUR OPTIONS (chose one option for each recipe batch):

- A. Classic chocolate chip:** any nut butter — *honey, 1/2 cup chocolate chips*
- B. Trail mix:** peanut butter — *honey, 3 tablespoons chocolate chips, 3 tablespoons chopped peanuts, 2 tablespoons raisins*
- C. White chocolate cranberry:** almond butter — *or cashew butter, honey, 1/4 cup dried cranberries, 1/4 cup white chocolate chip*
- D. Almond joy:** replace 1/2 cup of the oatmeal with 1/2 cup unsweetened coconut flakes — *almond butter, any sweetener, 1/4 cup chocolate chips, 1/4 cup chopped almonds*
- E. Double chocolate:** any nut butter — *any sweetener, 1/2 cup mini chocolate chips, add 2 tablespoons cocoa powder*
- F. Oatmeal raisin cookie:** almond butter — *or cashew butter, maple syrup, 1/2 cup raisins, add 1/4 teaspoon cinnamon*

### INSTRUCTIONS

1. Place all of the ingredients in a large mixing bowl: oats, power mix-ins, nut butter, sweetener, vanilla extract, salt, mix-ins, and any other spices you'd like to add. Stir to combine. If the mixture seems too wet, add a bit more oats. If it's too dry, add a bit more nut butter. It should resemble a somewhat sticky dough that holds together when lightly squeezed.
2. Place the bowl in the refrigerator for 30 minutes to set (this will make the balls easier to roll later on).
3. Remove the bowl from the refrigerator and portion the dough into balls of desired size. (I use a cookie scoop to make mine approximately 1 inch in diameter.) Enjoy!

### RECIPE NOTES

- Store leftover energy balls in an airtight container in the refrigerator for up to 2 weeks or freeze for up to 3 months.
- For nut allergies: In place of the almond or peanut butter, try sunflower seed butter.