



Healthy cooking with kids

No-bake energy balls

MAKES APPROXIMATELY 24 BALLS

SERVING SIZE: 3 BALLS

INGREDIENT LIST:

- 1 cup quick oats
- 1/3 cup ground flaxseed
- 1/2 cup peanut butter
- 1/4 cup maple syrup
- 2 tablespoons raw or toasted sunflower seeds
- 2 tablespoons mini chocolate chips

ADDITIONAL TIPS:

- Use certified gluten-free oats to make this snack gluten free.
- To make these peanut and tree-nut free, replace peanut butter with sunflower seed butter.
- Experiment with different ingredients to change the flavor, such as adding coconut and bits of dried fruit or using honey instead of maple syrup.

PREPARATION: Add oats, ground flaxseed and peanut butter to a mixing bowl and stir to combine. Add maple syrup and the sunflower seeds and stir again. Add the mini chocolate chips and mix. Using a small scoop or tablespoon, form the dough into one-inch balls.

Store them in a covered container in the refrigerator.

Watch our cooking videos on YouTube. Search Children's Wisconsin no-bake energy balls.