



## Kids' healthy eating

### No-bake energy 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

#### 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

**Makes approximately 24 balls**

**Serving size: 3 balls**

#### 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.

Watch a video of how to make this recipe at [missionhealthykids.org](https://missionhealthykids.org) under For Families and Nutrition.

**Mission: Healthy Kids** raises awareness about the impact of nutrition, physical activity and healthy minds on kids' physical development, ability to learn and emotional well-being.

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HE020GEN\_MHK 0619

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