

FUN TO MAKE!

≡ HOMEMADE ≡

SummerBlue

NO-BAKE ENERGY BALLS

A yummy snack you can make together! ♥

MAKES: 12 BALLS ♥



PREP TIME
15 MIN



KID
FRIENDLY!



NO-BAKE
EASY & FUN!

≡ INGREDIENTS ≡

- 1 cup old-fashioned oats
- 1/2 cup peanut butter (or any nut butter)
- 1/3 cup honey (or maple syrup)
- 1/4 cup mini chocolate chips
- 1/4 cup ground flaxseed (optional)
- 1 tsp vanilla extract

KID JOBS!

- ★ Measure the ingredients
- ★ Stir everything together
- ★ Roll the mixture into balls
- ★ Enjoy your yummy creation!



≡ HOW TO MAKE ≡

- 1 In a large bowl, add all the ingredients.
- 2 Stir well until everything is combined.
- 3 Use your hands to roll the mixture into small balls (about 1 inch).
- 4 Place the balls on a plate or tray.
- 5 Chill in the fridge for 20–30 minutes. Enjoy! Store in the fridge in a container.



TIP: Add-ins you can try! Shredded coconut, dried fruit, chopped nuts, or seeds!



≡ HAVE FUN & MAKE MEMORIES! ≡ ♥