

RECIPE

Chocolate Almond Power Balls



Ready in 90 minutes

Yields 20 balls

Ingredients

- 1 cup of oats
- ½ cup of ancient grain blend (*I used flax, chia and hemp seeds*)
- ½ cup of natural almond butter
- ¼ - ⅓ cup of honey (*or agave, pure maple, or date syrup*)
- ½ cup of dark chocolate pieces
- ¼ cup of chopped almonds
- ¼ cup of shredded, unsweetened coconut
- 1 teaspoon of vanilla extract
- ¼ teaspoon of cinnamon
- Pinch of sea salt

Instructions

1. **Add all the ingredients** to a bowl and mix until well combined.
2. **Refrigerate** for at least 1 hour.
3. **Scoop out equal portions.** This can be done with a tablespoon or a small ice cream scoop. Roll the scoops into balls. If a scoop doesn't hold together when squeezed, add 1-2 tablespoons more nut butter. If it is too sticky or a bit crumbly, dampen your fingers in a bowl of warm water to make rolling easier.
4. **Store in an airtight container (label and date).** These will keep well for a week in the fridge. Or, store them in the freezer for up to 3 months. You can choose to thaw a few at a time, or all of them at your discretion.



Notes

*These tasty treats are very versatile! You can swap out the ancient grains and seeds for any variety. Just use the same volume. You can use any natural nut butter. Just remember to thoroughly stir in the jar before using it.

*You can add any blend of nuts, dry additions, spices or even citrus zests. Get creative and discover a delicious healthy snack to suit your family's taste!

*Prep them ahead and finish them later! You can easily assemble the mix, wrap it, refrigerate, and then roll out the balls the next day.