



This quick and simple energy balls require no cooking!

HARVEST OF THE MONTH

Ingredient: Grains

Honey Seed Snack

PREP TIME:	5 minutes
COOK TIME:	5 minutes
TOTAL TIME:	10 minutes
SERVINGS:	30 1-inch balls
SOURCE:	FoodCorps

INGREDIENTS

1 cup rolled oats
1 cup sesame seeds or flax seeds
1 cup sunflower seeds
1 cup honey
1 cup nut butter
1 cup cocoa powder

INSTRUCTIONS

1. Mix oats, sunflower seeds, flax/sesame seeds, honey, nut butter, and cocoa powder until it's incorporated and comes together. The powder should be completely hydrated.
2. Scoop one level tablespoon of dough and form into a ball, approximately 1-inch or smaller. Roll the dough into 1-inch balls. If desired, roll the balls in sesame or flax seeds to coat them.