



## PEANUT BUTTER ENERGY BALLS

Recipe inspired by Kelley Simmons of Chef Savvy

Serves: 12 energy balls

### INGREDIENTS:

- $\frac{2}{3}$  cup creamy peanut butter
- $\frac{1}{2}$  cup semi-sweet chocolate chips
- 1 cup old fashioned oats
- $\frac{1}{4}$  cup ground flax seeds
- $\frac{1}{4}$  cup chia seeds
- 2 TBSP maple syrup

### INSTRUCTIONS:

1. Add all ingredients in a medium bowl and stir to combine.
2. Place in the refrigerator for 15–30 minutes so they are easier to roll and less sticky.
3. Roll into 12 large bites (or 24 mini) and store in an air-tight container in the fridge for up to a week (or freeze for up to 3 months).