

Oatmeal Peanut Butter Balls

Ingredients:

- 2 cups of oats
- 1 tbsp. chia seeds (optional)
- 1 cup peanut butter
- $\frac{3}{4}$ cup maple syrup or agave

Method:

1. Put the peanut butter and maple syrup or agave into a pot and heat over medium heat for 20 seconds, mixing constantly.
2. Add the oats and chia seeds.
3. Form medium size balls and cover them with shredded coconut or pieces of nuts and/or seeds.
4. Place in the freezer for 30-40 minutes or until the balls firm up.

Tip: The balls are best formed with damp hands. Instead of peanut butter, try tahini or any other nut or seed butter.