



Energy Balls (ES)

Serving: 1

Veg

Ingredients

- 1/2 cup rolled oats
- 1/4 cup ground flax seed
- 1/2 cup raisins
- 1 tsp cinnamon powder
- 1 tsp nutmeg
- pinch salt
- 2 tsp vanilla essence
- 2 tbsp honey
- 1/2 cup almond butter

Preparation Method

- Add dry ingredients into a bowl and mix to combine evenly.
- Add vanilla, honey, and almond butter and mix to form a sticky dough.
- If the dough is too sticky, add more rolled oats. If the dough is a bit too dry, add more almond butter to get just the right consistency.
- Roll the mixture into small balls.
- Enjoy! Keep in refrigerator and enjoy for up to a week or more !