



## PB + J Energy Balls

### INGREDIENTS

1 cup oats  
2/3 cup freeze dried strawberries, roughly chopped  
1/3 cup ground flax seed  
1/3 cup chia seeds  
1/2 cup peanut butter  
1/3 cup maple syrup or agave nectar  
1 teaspoon vanilla extract

### DIRECTIONS

In a medium bowl combine the oats, strawberries, flax and chia. Add in the peanut butter, maple syrup and vanilla extract and stir until thoroughly mixed. Use a spoon or cookie scoop to roll the mixture into 1" balls. Store in an airtight container and keep refrigerated for up to 1 week. Enjoy!

### NOTES

Makes 16-20 1" balls.

