

Quick and Easy Flaxseed Balls

6 ingredients · 30 minutes · 8 servings



Directions

1. Combine oats, sunbutter, ground flax seed, chocolate chips, honey, chia seeds, and vanilla extract together in a bowl. Cover and chill dough in the refrigerator 30 minutes.
2. Remove dough from refrigerator; roll into balls, about 1 inch in diameter.
3. Optional: roll in matcha, sesame seeds, coconut flakes, cocoa powder or add dried fruit to make things more interesting! Add 1/2 cup coco nibs / DF chocolate chips to make it a dessert! 1 serving = approx. 2 balls

Notes

sub:

Can substitute almond butter or peanut butter for the sunbutter.

Ingredients

1 cup Oats

1/2 cup Sunflower Seed Butter (or other nutbutter)

1/2 cup Ground Flax Seed

1/4 cup Raw Honey

1 tbsp Chia Seeds (optional)

1 tsp Vanilla Extract

Nutrition

Amount per serving

Calories	211	Cholesterol	0mg
Fat	12g	Sodium	1mg
Carbs	22g	Vitamin A	8IU
Fiber	4g	Vitamin C	0mg
Sugar	10g	Calcium	34mg
Protein	6g	Iron	2mg