

# Protein Balls

## Ingredients:

- 2 cups rolled oats
- 1 cup peanut butter
- ½ cup honey
- ¼ cup flax meal
- ¼ cup chia seeds
- ¼ cup cocoa powder
- 2 tsp vanilla
- Can put in some choc chips if desires



## Instructions

1. In a large bowl, mix all ingredients until soft enough to make balls
2. Can add more peanut butter if too dry, or oatmeal if too wet
3. Shape into 1" balls
4. Place on a cookie sheet and freeze for an hour
5. When done, place in refrigerator and eat!