

Peanut Butter Oat Chocolate Chip Energy Balls

A couple notes: I typically triple this recipe. It takes me about a half hour from start to finish to whip these up, shape them all, and get them bagged and into the freezer. You certainly don't have to freeze them, but they honestly keep so well that way - and they thaw quickly, too, so you can pull some out just a few minutes before you want to eat them! These are great for snacks or for breakfasts!

INGREDIENTS:

- 1 cup organic oats (I've used both quick oats and old-fashioned oats)
- 1/3 cup honey
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup miniature chocolate chips
- 1 cup sweetened coconut flakes (use sweetened because it seems to have a softer, easier texture to work with)
- 1 1/2 tsp. vanilla extract
- Collagen peptides (optional)



DIRECTIONS:

Combine all ingredients in a large bowl. Mix together with a wooden spoon or large metal serving spoon, being sure to thoroughly incorporate all the ingredients.

You can shape a "test ball" with your hands to see if the mixture is too sticky to work with. If it seems too sticky (likely from the honey), add just a little bit more ground flax. If the mixture seems too dry, like it won't shape into a ball, add a little extra peanut butter. Use a cookie scoop to scoop the mixture out into 1-tablespoon-size balls. (You can definitely just use a tablespoon measure instead, but I've found that a cookie scoop works beautifully.)

Once you have a rough 1-tablespoon-size ball of the mixture scooped out, then use clean hands to more tightly pack it into a firm ball. If you find your hands are getting covered in the mixture after a little while, and the mixture is starting to not pack together well, I've found that taking a quick break to re-wash my hands off works wonders. I definitely recommend re-washing your hands halfway through. I like to place all of the energy balls onto a couple plates. Then, once all of the mixture is formed into balls, I package them up into Ziploc bags. Then, I stick them in the freezer!