



D E M P S E Y  
C E N T E R

## Energy Balls – 2 ways

### Cranberry Oat

#### Ingredients:

1 c. rolled oats  
¾ c. dried cranberries  
¾ c. pitted dates  
½ c. natural peanut butter  
3 Tbsp, ground flax or hemp seeds  
2 Tbsp. honey or maple syrup  
1 ½ tsp. vanilla  
Pinch of salt

#### Directions:

Place all ingredients in food processor, pulse until finely chopped and then process for ~ 1 minute.

Take 1 Tbsp (+) at a time and form small energy balls.

### Chocolate Chip

#### Ingredients:

1 c. rolled oats  
½ c. ground flax seed  
½ c. natural peanut butter or nut butter of your choice  
¼ c. maple syrup, honey or agave  
½ c. chocolate chips

#### Directions:

Combine all ingredients in a bowl. Refrigerate batter for 20 – 30 minutes. Remove from refrigerator. Take 1 Tbsp.(+) at a time and form small energy balls.

Serves: each recipe makes 20 – 30 balls

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### TIPS & NOTES

#### Tips:

Store in refrigerator for 2 weeks or freezer for 3 months.