



# NO-BAKE MOUTHFULS

## MAKES 12 SERVINGS

### Ingredients:

- 1 c old-fashioned oats
- ½ c almond butter (can use peanut butter)
- ⅓ c honey
- ½ c ground flaxseed
- 1 tsp vanilla extract
- 3 Tbsp chia seed

### Directions:

Combine all ingredients in a bowl. Roll into small, round balls. Freeze for a quick, easy to grab snack. For flavor variety, add additional ingredients: cacao nibs, nut pieces, dried fruit, coconut, etc. Note: these are calorie dense so pay attention to portions.