

No-Bake Mouthfuls



MAKES 12 SERVINGS

Ingredients:

- 1 c old-fashioned oats
- 1/2 c almond butter (can use peanut butter)
- 1/3 c honey
- 1/2 c ground flaxseed
- 1 tsp vanilla extract
- 3 Tbsp chia seed

Directions:

Combine all ingredients in a bowl. Roll into 1-inch bite-sized balls. Freeze or refrigerate for a quick, easy to grab snack. For flavor variety, add additional ingredients: cacao nibs, nut pieces, dried fruit, coconut, etc.