

No-Bake Mouthfuls

Makes 12 balls · 1 ball each

SATIETY SCORE	NUTRITION
● ● ● ○ ○ 3 / 5	HIGH
Per serving (approx.): Protein 5 g · Fiber 4 g · Calories 160	

Ingredients

- 1 cup old-fashioned oats
- ½ cup almond butter (or peanut butter)
- ½ cup honey
- ½ cup ground flaxseed
- 1 tsp vanilla extract
- 3 Tbsp chia seeds

Directions

1. Combine all ingredients in a bowl.
2. Roll into 1-inch bite-sized balls.
3. Freeze or refrigerate for a quick, grab-and-go snack.

Note: For variety, add cacao nibs, nut pieces, dried fruit, or coconut.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PANTRY & DRY GOODS

- ☐ 1 cup old-fashioned oats
- ☐ ½ cup almond butter
- ☐ ½ cup ground flaxseed
- ☐ 3 Tbsp chia seeds

CHECK YOUR PANTRY

- ☐ Honey
- ☐ Vanilla extract