

Hurricane Snacks - Energy Balls

INGREDIENTS:

- 1 ¼ cup oats
- ½ cup sunflower seeds or other seeds or nuts you have
- ½ cup peanut butter
- 1 teaspoon almond extract
- ⅓ cup honey
- 1 tablespoon coconut oil
- ¼ cup cocoa
- ½ cup toasted, crushed almonds

Get Creative

-Substitute almond or sunflower butter for peanut butter
-instead of cocoa, use ½ cup semi-sweet morsels or butterscotch chips
-add ⅓ cup dates, chopped

DIRECTIONS:

Mix ingredients together in a large mixing bowl and form into 1 inch balls. Place on parchment paper to set, approximately one hour. Package in snack bags, 2 or 3 per bag, for a grab & go snack.

Yields: 28 1 ½ inch balls

#staysafe



Rebecca Liverman
Extension Director, Washington County