

SUMMER FUN BUTTER BALLS



GREAT FOR THE WHOLE FAMILY ON ALL YOUR SUMMER ADVENTURES

6 easy ingredients a bit of mixing and you have a healthy delicious treat to take with you wherever the summer takes you. Delicious for the whole family and totally peanut-free, gluten-free, and vegan. These little guys are so easy to bring along for the ride.

INGREDIENTS

- ½ cup Lily's Dark Chocolate Baking Chips
- 1 Cup Bob's Redmill Old Fashioned Rolled Oats Gluten Free
- 1/2 cup Shape Flax, flax meal
- 1 Tablespoon Organic ChiaFactors Whole Food Nutrition
- 2/3 Cup Julia's Best Ever Almond Butter
- 5 Tablespoons St. Joseph Island Hardwood Maple Syrup

DIRECTIONS

1. In a large mixing bowl stir together all the ingredients until well blended.
2. Roll into 12 even-sized balls. Use a spoon to help scoop the dough into your hands for rolling.*
3. Store in an air-tight container in the fridge.
4. Snack at will or pack into a beach time lunch.

*if the dough is too sticky to roll, place the bowl in the fridge for 30 minutes and try again.