

# THE COUNTRY WAY ENERGY BALLS

A GREAT WINTER TREAT WITH LOCAL "RED ROOF HONEY"

These energy balls are super easy to make and a yummy treat for the whole family. Feel free to add any different seeds of your choice.

## INGREDIENTS

- 3 cups of "Bob's Red Mill" quick oats
- 1 Tbls. of "Prana" chia seeds
- 1/2 tsp. "Sunhead" Himalayan salt
- 1 cup of "Nuts to You" crunchy peanut butter
- 1/2 cup of "Enjoy Life" mini chocolate chips
- 1/2 cup of "Red Roof" honey

## DIRECTIONS

1. Mix everything into a bowl and roll into bite-size balls. Refrigerate for 2 hours and enjoy !



VISIT [WWW.THECOUNTRYWAY.CA](http://WWW.THECOUNTRYWAY.CA) FOR MORE HEALTHY FAMILY FRIENDLY RECIPES

