


# BALLS OF SPEED (ENERGY BALLS)

 Prep Time: 10 minutes

 Cook Time: 0 minutes

 Total Time: 10 minutes



 Yield: 12 energy balls  
Serving Size: 1 ball

## Equipment Needed:

Medium-sized bowl  
Measuring cups/spoons  
Baking sheet  
Fork

## Ingredients:

½ cup peanut butter or alternative nut butter like almond or sunflower seed butter  
½ cup semi-sweet chocolate chips  
1 cup old fashioned oats  
¼ cup ground flax seed  
2 tablespoons honey  
1 ripe banana, medium size  
1 teaspoon cinnamon

## Instructions:

1. Mash 1 ripe banana with a fork in a bowl until smooth.
2. Measure out and add the remaining ingredients: oats, nut butter, chocolate chips, honey, cinnamon and ground flax seed into a medium sized bowl.
3. Stir well to fully combine.
4. Cover the bowl with parchment paper and place in the fridge for 15-30 minutes.
5. Roll into 12 bite-size pieces (golf ball sized) and store in the fridge for up to a week.