

OAT BALL RECIPE

Gather Ingredients

- 1 Cup of oats
- 1/2 Cup of peanut butter (can substitute with a different nut butter)
- 2/3 Cup of toasted unsweetened (or sweetened) coconut flakes
- 1/3 Cup of honey
- 1/2 Cup of mini chocolate chips (optional)



Gather Items Needed

- 1 Bowl
- 1 Mixing spoon
- Measuring cups
- Tray/ Parchment paper



Instructions

Step 1: Add oats, peanut butter, coconut flakes, honey, and chocolate chips into a bowl.

Step 2: Take a spoon and start mixing!

Step 3: Use your hands and roll the mix into balls, placing on a tray with parchment paper.

Step 4: Place in the fridge for 30 minutes.

Step 5: Enjoy!

