



Oat Power Balls

*A delicious recipe from the menu at the
Trinity Health Ivy Lounge at Pine Knob Music Theatre*

INGREDIENTS:

- 1 cup of oats**
- ½ cup of all-natural peanut butter
or almond butter**
- 3 Tablespoons honey
or maple syrup**
- 1 tsp pure vanilla extract (or more
if you like vanilla flavor)**
- ¼ cup dark chocolate chips**
- ¼ cup dried tart cherries**
- 2 Tbsp toasted coconut (optional)**
- 1 tbsp cinnamon or
your favorite spice**



DIRECTIONS:

1. Mix first four ingredients together in a bowl (easiest with your hands).
2. Add the ingredients you wish to mix in.
3. Roll into 12 equal-sized balls, place on cookie sheet and freeze for 30 minutes.

**Other favorites to add: pistachios, toasted almonds, other nuts, cocoa powder, ground flax seeds, 1 scoop protein powder, dried or fresh fruit, chia seeds, hemp seeds, chopped apples, etc.*

NUTRITION FACTS: Serves 12 | Calories (per oat ball) 99

% Daily Value * | **Total Fat** 6.1g (8%), Saturated Fat 1.2g (6%) | **Cholesterol** 1mg (0%) | **Sodium** 20mg (1%) | **Total Carbohydrate** 7.7g (3%), Dietary Fiber 2.1g (7%), Total Sugars 2.3g | **Protein** 3.3g | Vitamin D 0mcg (0%) | Calcium 41mg (3%) | Iron 7mg (2%) | Potassium 41mg (1%)

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



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