



Oat Power Balls

Favorite Healthy Choice Recipe of the Detroit Red Wings

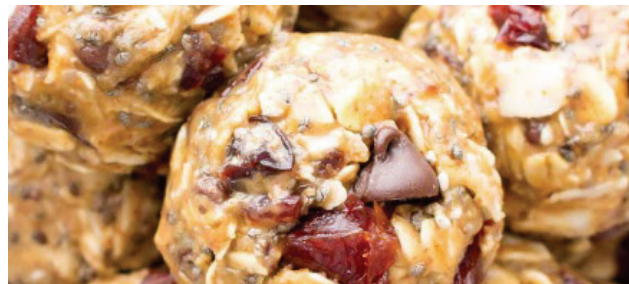
INGREDIENTS:

As little as 5 whole ingredients

- 1 cup of oats
- ½ cup of all-natural peanut butter or almond butter
- 3 Tbsp honey or maple syrup
- 1 tsp pure vanilla extract (or more if you like vanilla flavor)
 - ¼ cup dark chocolate

DRW team favorites to add:

- ¼ cup dried tart cherries or fresh berries
- 2 Tbsp chia seeds
- 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) and then add the ingredients you wish to mix in.
2. Roll into a ball and place on cookie sheet and refrigerate or freeze for 30 minutes.

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

NUTRITION FACTS: Serves 12 | Calories 99

% Daily Value * | **Total Fat** 6.1g (8%), Saturated Fat 1.2% (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 0mg (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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