

# No-Bake Energy Balls

*These nut-free, gluten-free, dairy-free energy balls are an easy snack to make and pack in lunch boxes. Studded with sunflower seeds and chocolate chips, these bites are a simply delicious snack*

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Prep Time 10 mins

Total Time 20 mins

Yield: Approx 6 balls



## Ingredients

- 1/2 cup quick oats (certified gluten-free if needed)\*
- 2 Tablespoons + 2 teaspoons flax meal
- 1/4 cup sunflower seed butter
- 2 Tablespoons maple syrup
- 1 Tablespoon raw or toasted sunflower seeds
- 1 Tablespoon mini chocolate chips

## Instructions

1. Place the oats and flax meal in a medium-sized bowl. Stir to combine.
2. Add the seed butter and maple syrup and stir to combine.
3. Stir in the sunflower seeds and chocolate chips. This mixture should form a dough that's easy to form into balls that stick together. If the mixture seems too dry, add a splash more maple syrup, or add a drizzle of coconut oil.
4. Using a small cookie scoop or tablespoon, roll the dough into balls. Transfer to a small storage container and keep in the refrigerator.