

# No Bake High Protein Energy Ball Recipe

Courtesy of: [www.thebetterhomelife.com](http://www.thebetterhomelife.com)

## Ingredients:

- 2 cups rolled oats
- 1 cup [golden flaxseed meal](#) or ground flaxseeds
- 1 cup crunchy peanut butter
- 2/3 cup honey
- 2 teaspoons vanilla extract
- 1 cup [mini semi-sweet chocolate chips](#)

## Instructions:

Grind flaxseed in a coffee grinder or mix flaxseed meal and all other ingredients in a large bowl, start by using a spoon or spatula. You will end up having to use your hands to mix it well. Once mixed, roll into 1 inch balls and place them on a parchment lined rimmed cookie sheet. Place the balls in the freezer for one hour before serving.