

# Peanut Butter Energy Balls

Yields: 8x8 inch pan

## Ingredients

- 1 cup nuts (such as pecans, walnuts, cashews, almonds, etc.)
- 1 cup old-fashioned oats
- 1/2 cup raisins (or dried cranberries)
- 1/4 cup chia seeds (or popped amaranth)
- 1/2 teaspoon ground cinnamon
- Pinch of ground nutmeg
- 1/2 cup peanut butter (or alternative nut butter)
- 1/4 cup honey
- 1/2 teaspoon pure vanilla extract
- 1/4 cup dark chocolate chips (optional)



## Instructions

1. In the bowl of a large food processor, pulse nuts until finely ground (but stop before they start turning to nut butter).
2. Add oats, raisins, chia seeds, cinnamon and nutmeg to nuts. Pulse five (one-second) pulses to combine.
3. Add the peanut butter, honey, vanilla and dark chocolate chips (if using) to the mixture. Pulse until all ingredients are well blended, scraping the sides of the bowl as necessary.
4. Scrape mixture into 1/2 sheet tray or 8x8 inch pan and firmly press into an even layer.
5. Cover and chill for two hours or until firm. Use a knife to slice into bars.

Tip: For small "bites" instead of bars, use a small scoop and roll into balls before chilling.

