

Chocolate Power Balls

Prep Time: 10 min

Servings: 10

Ingredients

- 1 cup quick oats
- 1/2 cup natural peanut butter
- 3 to 4 tbsp unsweetened almond milk or low fat milk
- 2 tbsp pure maple syrup
- 2 tbsp ground flaxseed
- 1 1/2 tbsp unsweetened cocoa powder
- 1 tsp ground cinnamon
- 1/4 cup mini semisweet chocolate chips

Instructions

1. In a medium bowl, combine the oats, peanut butter, 3 tbsp of the milk, maple syrup, flaxseed, cocoa powder and cinnamon.
2. Mix until all the ingredients are well combined , adding up to 1 tbsp additional milk if needed.
3. Mix in the chocolate chips.
4. Scoop the batter using a tablespoon and roll into balls.
5. Store the balls in an airtight container in the refrigerator or freezer.



Nutrition Facts

servings per container

Serving size (32g)

Amount per serving

Calories **120**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 15g **5%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 5g Added Sugars **10%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 28mg **2%**

Iron 1mg **6%**

Potassium 90mg **2%**

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