

Big Guy Stole My Ball / Energy Balls Recipe

NUMBER OF SERVINGS : 10

INGREDIENTS

- 1 1/4 cup quick oats
- 1/2 cup quick oats flour (blend quick oats in a food processor until flour consistency)
- 1/3 teaspoon salt
- 1/3 cup sugar
- 1/2 teaspoon cinnamon
- 1/2 cup canned pumpkin
- 2 tablespoons water
- 1 1/2 tablespoons oil
- 1 teaspoon vanilla extract

DIRECTIONS

- Measure and combine all DRY ingredients in a large bowl and mix well.
- Combine all liquid mixture, including the pumpkin in a separate bowl and mix well
- Add the dry and wet ingredients together a large bowl until well mixed.
- Divide and roll into 10 separate “energy balls”
- Eat immediately or store in an airtight container in the refrigerator for up to 5 days.