

Sunflower Seed Balls!

Ingredients

½ cup oatmeal

½ cup chia seeds (substitute sunflower or sesame seeds)

½ cup flax seeds (substitute sunflower or sesame seeds)

½ cup sunflower butter (substitute peanut or almond butter)

2 Tablespoons cacao powder

2 Tablespoons honey

Directions

1. Add the oatmeal, chia seeds, flax seeds, sunflower butter, cacao powder, and honey to a medium sized mixing bowl
2. Mix all the ingredients together
3. Take a small piece of the mixture and roll in your hands to make a small ball.
4. Continue making small balls until all the mixture is used up.
5. Roll the small balls in extra chia and/or flax seeds to coat the outside.
6. Enjoy!

