

OATMEAL PROTEIN SNACKS

- 2 cup rolled oatmeal
- 1/2 cup coconut flakes
- 1/3-1/2 cup ground flax seed
- 1/2 cup mini chocolate chips
- 1/4 cup raw honey
- 1/2 cup peanut butter
- 1 teaspoon Mexican vanilla

In a large bowl toss all the dry ingredients together. Next pour in the honey, vanilla, and add the peanut butter. I use gloves and do this all by hand. You could throw it all in the Bosch and just use the "M" switch to bring it together. If you need more liquid you can add a small amount of honey or I like to use more peanut butter.

Chill the dough in the refrigerator for 30 minutes to an hour, this will make the balls easier to form.

Roll into balls. Divide into baggies and freeze some for later use and place the rest in the refrigerator for snacking. I like to eat these cold.

Other options of add- ins

Cocoa powder

White chocolate, dark chocolate, peanut butter or butterscotch chips

Dried cranberries, raisins, currants or chopped dried fruit like apricots, pineapple, strawberries, mango (I love mango chunks with the coconut)

Chopped almonds, pecans, walnuts, hazelnuts, or even pine nuts

Sunflower seeds, pumpkin seeds, sesame seeds, or poppy seeds

In place of honey- Agave nectar (Xagave is my brand of choice)

In place of peanut butter- Hazelnut butter(essentially nutella. but homemade without all the sugar just puree the hazelnuts with some cocoa powder) Almond butter, sunflower butter, cashew butter, etc.

Be creative, these are so yummy and even keep me wanting a candy bar!!!