

HEALTHY HOBOKEN GIRL

Almond Butter Balls

From: Lynda Layng

Preparation Time: 5 minutes	Cook Time:	Yields: 12-15 mini balls
-----------------------------	------------	--------------------------

Ingredients

- ¼ cup of oats
- ¼ cup of oat flour (or whatever you have on hand..brown rice, spelt, whole wheat)
- ¼ cup granola
- 2 tablespoons of almond butter
- 1 tablespoon of agave nectar or honey
- 1 teaspoon cinnamon

*additional mix in's - toasted coconut, raisins, chia seeds, protein powder, flax seeds, carob chips, dark chocolate chips

Directions

1. Combine and mix all ingredients in a bowl. Use your hands, it's fun!
2. Roll batter into balls (if it's too sticky, you can add a touch more flour)
3. Place on a small cookie sheet and chill in the fridge for 25-30 minutes. After chilled and hard, place balls in a small container in the fridge. It will be ready for you anytime you need a healthy bite.