



From the Kitchen of
THE CENTER
for Health Improvement

Chocolate Peanut Butter Energy Balls

Recipe provided by: www.thelemonbowl.com

Ingredients:

1 ripe banana-mashed
1 tbs cocoa powder
2 tbs natural peanut butter
2 tbs flax seed meal
2 tbs vanilla protein powder
Pinch sea salt
 $\frac{3}{4}$ c. old fashioned oats

Instructions: 1. Mash banana in a medium bowl and add in cocoa powder, peanut butter, flax, protein powder and a pinch of sea salt. 2. Continue to mash with fork until all ingredients are fully combined. (May seem dry at first but keep mashing!) 3. Stir in oats using a rubber spatula to combine edges of the bowl. 4. Using a small ice cream scooper or two teaspoons, form into 12 balls and place on a plate lined with wax paper. 5. Refrigerate 30 minutes or up to 3 days covered with plastic wrap.

Nutritional Information
(Per serving):

Serves 12
Serving Size: 1 Ball

Calories: _____ 60

Fat: _____ 2.1 g

Saturated fat: _____ .3 g

Cholesterol: _____ 0 mg

Carbohydrates: _____ 7.5 g

Fiber: _____ 1.4 g

Sodium: _____ 10 mg

Protein: _____ 3.4 g

