

Power Balls



Recipe courtesy of Trisha Yearwood

Show: Trisha's Southern Kitchen | Episode: Feeding Hungry Boys



Total: 1 hr 20 min

(includes chilling time)

Active: 20 min

Yield: 30 balls

Level: Easy

Ingredients:

- 2 cups old-fashioned rolled oats
- 1 cup extra-crunchy peanut butter
- 1/2 cup raw honey *
- 1/2 cup mini chocolate chips
- 1/2 cup dried cranberries
- 1/2 cup sunflower seeds
- 2 tablespoons flax seed

Directions:

- 1 In a food processor, pulse the oats, peanut butter, honey, chocolate chips, cranberries, sunflower seeds and flax seeds until fully combined. Cover and refrigerate for 30 minutes.
- 2 Line a baking sheet with waxed paper. Form balls from the mixture (about 1 1/2 tablespoons each) and place them on the baking sheet. Refrigerate for 30 minutes before serving.



Adapted from "Trisha's Table: My Feel-Good Favorites for a Balanced Life" by Trisha Yearwood © Clarkson Potter 2015. Provided courtesy of Trisha Yearwood. All rights reserved.

* To make vegan - replace honey with Brawn Rice Syrup, BeeFree Honey