



Oat Blueberry Balls

INGREDIENTS

gf, vegan

Makes 18-20 balls

2 cups raw gf oats
2 cups almond butter
1 cup dried blueberries
2/3 cup maple syrup
3/4 cup hemp seeds
2 T chia seeds
3 scoops Nuzest vanilla protein powder or protein of choice
1 t cinnamon
1 t sea salt

These Blueberry Balls are a great snack that are filled with protein, healthy fats, omega 3s and complex carbs. They take under 10 minutes to make and great to get the kids involved with the rolling!

Instructions

Put all ingredients into a bowl. Mash all together with your hands! Roll into golf ball size balls or press into a bar. They keep for 10 days in the refrigerator and freeze very well.