



NO BAKE ENERGY BALL RECIPE

- 1 Cup – (dry) Quinoa Flakes
- 2/3 Cup Coconut Flakes
- 1/2 Cup Peanut Butter
- 1/2 Cup Ground Flaxseed
- 1/2 Cup Cacao Chips
- 1/3 Cup Organic Local Honey
- 1 Tbsp. Chia Seeds
- 1 Tsp. Vanilla Extract

Directions:

1. Mix all ingredients together and let set in the fridge for about 30 minutes.

2. Roll into small balls about 1 inch in size. 3. Store in airtight container in fridge.

Notes:

- - Feel free to remove ingredients that you may not prefer such as the coconut, flaxseed or Chia seeds, just don't mess with the rest ;)
- - If you can, leave the recipe "as is" to get maximum health benefit from this recipe.

Extra Bonus:

I got this recipe from the place I work out – Own it Fit. I am always looking for new workout buddies to keep me motivated, so if you want to try it out with me be sure to use this special friends & family discount link to save you some \$\$\$:

>>> ownitfit.com.au/hotmum (female)

ownitfit.com.au/rippedin28 (male)

