

# GO BANANAS! ENERGY BALLS



## INGREDIENTS

- 1 ripe banana
- 2 cups rolled oats
- 1 cup almond butter
- 1/2 cup ground flaxseed
- 2 teaspoons maple syrup
- Handful of dried fruit and/or chocolate chips

***Makes 18-20 balls***

## PATH TO DELICIOUSNESS

1. In a large bowl mash banana with a fork.
2. Add in all other ingredients to bowl and mix thoroughly by hand.
3. Let mixture chill in refrigerator for 30 minutes.
4. Once chilled roll into balls. Devour now or store in an airtight container.