



POWERBALLS

3 Cups Quick Cook Oats

1 Cup Honey

1 Cup Peanut Butter

1/2 Cup Flax Seed

1/2 Cup EACH of as many of the following as you prefer:

Coconut Flakes

Chopped Nuts (I like Pecans)

Dried Fruit (I like Cherries)

Chocolate Chips (I like dark chips)

Mix all ingredients together in a bowl.

If necessary, chill in fridge to firm and make handling the mix easier.

Roll into balls the size of ping pongs.

Store power balls in fridge.

Makes approximately 40

(Adapted from Wonder Time magazine)

