

PEANUT BUTTER ENERGY BALLS

1½ cups oats	1 tablespoon agave nectar
¼ cup flaxseeds (optional)	½ cup raisins
½ cup all-natural peanut butter	¼ cup dark chocolate chips

Mix the oats and flaxseeds together and place in a dry nonstick skillet. Cook on the stovetop over medium-high heat, stirring occasionally, for 5-7 minutes or until golden brown. Remove from heat and allow the mixture to cool.

Combine toasted oats and flaxseeds with remaining ingredients. Form balls using approximately 1½ - 2 tablespoons of the mixture (makes approximately 20 balls). Refrigerate at least one hour before serving.

Yield: 10 servings (2 balls each). Each serving contains approximately 210 calories.

Parker Dickenson Panola County Senior - Nutritious Snacks