

Helergon Kitchen

Peanut Butter Energy Balls

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup natural peanut butter
- [ ] 1/2 cup honey
- [ ] 2 cups rolled oats
- [ ] 1/4 cup chia seeds
- [ ] Zest of 1 lemon
- [ ] 1/4 cup dark chocolate chips (optional)

Optional Add-Ins

- [ ] 2 tbsp shredded coconut
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

Instructions

1. In a large bowl, combine the peanut butter and honey; stir until the mixture is smooth and glossy.
2. Add rolled oats, chia seeds, lemon zest, and any optional add-ins; mix until everything is evenly coated.
3. If using chocolate chips, gently fold them in now so they stay intact.
4. With damp hands, roll the mixture into 1-inch balls and place them on a parchment-lined tray.
5. Chill the balls for 15-20 minutes; then enjoy straight from the fridge or at room temperature.

Nutrition per serving

120 kcal	4 g	12 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture sticks, lightly wet your hands with water or a touch of oil.
- Feel free to double the batch for a larger family gathering.
- Adding a pinch of sea salt can enhance the sweet-nutty balance.