

## No-Bake Energy Balls-from The Frugal Girl



1/2 cup nut butter(almond butter, peanut butter, sunflower seed butter or any other nut or seed butter)

1/3 cup honey (I use a scant 1/3 cup)

1/2 teaspoon vanilla

pinch of salt if using unsalted nut butter

1 cup old fashioned rolled oats

1 cup shredded unsweetened coconut (or wheat germ)

1-2 tsp your favorite spices or spice combinations(optional-I haven't done this)

1/2 cup other add-ins(whole or roughly chopped nuts or seeds, dried fruit, chocolate chips, etc.)

In a medium bowl, stir together nut butter, honey, vanilla, and salt (if using). Stir in oats, coconut, and add-ins.

Refrigerate mixture for 30 minutes. To make the balls, scoop out about a tablespoon of dough, press to compact, then roll into a ball. Repeat with remaining dough.

Roll balls of dough in additional wheat germ or coconut if desired.

Store in the refrigerator.

[www.thefrugalgirl.com](http://www.thefrugalgirl.com)

