

MY TOWN DINER

WHIP UP AN EASY & NUTRITIOUS SNACK

In the My Town Diner, junior chefs are always cooking up delicious dishes from pizza topped with berries to sushi on a bun!

After playing and being active, you sometimes need a snack to replenish calories that you used up while playing. Calories in food provide energy in the form of heat so that our bodies can function. Our bodies store and “burn” calories as fuel. These peanut butter* balls are fun and easy to prepare and provide a nutritious, yummy way to quickly refuel your body.

*If you are allergic to peanut butter, any nut or seed butter will work as a replacement.



Peanut Butter Energy Balls

Supplies:

- 1 cup Oatmeal
- ½ cup Chocolate Chips
- ½ cup Flaxseed; ground (optional)
(*extra source of protein, fiber and good fats*)
- ½ cup Peanut Butter (or any nut/seed butter)
- ⅓ cup Honey
- 1 tsp Vanilla Extract
- Bowl
- Spoon
- Tray or Plate

1. Add all ingredients to a medium bowl and mix well. Put the bowl with mixture in the fridge for about 30-45 minutes to chill.
2. Remove from fridge, take a tablespoon of the mixture in your hand and roll it into a ball. Repeat with the remaining mixture. **If the balls are not sticking, add more peanut butter or honey. If balls are too sticky, add more oats*
3. Store the peanut butter balls in an airtight container or storage baggie in the fridge for up to 2 weeks or in the freezer for longer.