

Honey Nut Balls

Ingredients (use organic whenever possible):

- *1/4 cup of natural nut butter (peanut, almond, cashew)
- *1/2 cup of honey
- *1 teaspoon of flaxseed oil or hempseed oil
- *2 tablespoons of carob chips or regular chocolate chips
- *1/4 cup of chopped walnuts
- *1 cup of brown rice crisps (Like Rice Krispies, but made with brown rice.)



Directions:

*Mix the nut butter, honey, and flax or hemp oil in a medium-sized bowl. Add in the carob or chocolate chips, chopped walnuts, and rice crisps. Mix gently until the crisps are well coated. Form the mixture into walnut-sized balls. Set onto wax paper. You may need to wet your hands, or use a bit of coconut oil, to form the balls. Chill for several hours before enjoying.

Source: *Easy and Delicious Flax Recipes*, Spectrum Essentials

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