

(ANDY-COATED ENERGY BALLS)

Here's a sweet and simple no-bake dessert for kids or adults that's full of good-for-you ingredients. For a nut-seed-fruit combo, try using almonds, sunflower seeds and dried cranberries in place of the chocolate pieces.

ALL YOU NEED:

- 1/3 c. Hy-Vee old-fashioned oats
- 1/3 c. Hy-Vee creamy peanut butter
- 1/4 c. Hy-Vee honey
- 1/4 c. miniature candy-coated chocolate pieces
- 1 scoop Hy-Vee vanilla whey protein powder (1 serving)
- 1/2 tsp Hy-Vee vanilla extract
- Dash Hy-Vee salt



ALL YOU DO:

1. In a medium bowl, combine oats, peanut butter, honey, chocolate pieces, protein powder, vanilla and salt. Divide into 10 portions. Roll each portion into a ball and refrigerate for at least 30 minutes before serving.
2. Store in the refrigerator in an airtight container for up to 1 week.

NUTRITION FACTS PER SERVING: SERVES 10

Calories: 120 Protein: 5g Carbohydrate: 15g Saturated Fat: 1.5g Cholesterol: 5mg
Sodium: 50mg Dietary Fiber: 1g Sugars: 12g Fat: 6g Trans fats: 0g