

▶ APRICOT-ALMOND HEALTH BALLS ▶

Making your own energy snack is easy and quick—no cooking necessary. Better yet, this delicious, fiber-rich treat is not uber-sweet like many popular energy bars on the market. Create your favorite version using the dried fruit and nut options your family prefers.

ALL YOU NEED:

- 1 c. Hy-Vee old-fashioned rolled oats
- 1 c. whole grain brown crisp rice cereal
- 1 (2 oz) pkg Hy-Vee sliced almonds
- ½ c. Hy-Vee dried apricots, chopped
- ¼ c. ground flaxseed meal
- 2 tbsp. Hy-Vee HealthMarket chia seeds
- 2 tbsp. Hy-Vee mini semisweet chocolate chips
- ¼ tsp. Hy-Vee salt
- 1 c. unsalted almond butter
- ¼ c. agave nectar
- 1 tsp. Hy-Vee vanilla extract



ALL YOU DO:

1. In a large mixing bowl, stir together oats, cereal, almonds, apricots, flaxseed meal, chia seeds, chocolate chips and salt.
2. In a 2-cup liquid measuring cup or small bowl, combine almond butter, agave nectar and vanilla; stir until well mixed. Add to oat mixture; beat with electric mixer on medium-low speed until well-mixed.
3. Shape mixture into 1-inch balls. Place balls in a baking pan. Cover and refrigerate for 30 minutes.
4. For convenience and portability, wrap individually with plastic wrap. Or, store in an airtight container in the refrigerator for up to 1 week or in freezer for up to 1 month.

NUTRITION FACTS PER SERVING: SERVING SIZE: 20

Calories: 150 kcal Protein: 4 g Carbohydrate: 14 g Fat: 10 g Fiber: 3 g