

Nut Butter Breakfast Balls

By: Dr. Leah Dilangalen

These five-ingredient treats are packed with heart-healthy ingredients clinically shown to boost immunity, make you feel full, and, ahem, keep you regular. They also pack a nice jolt of energy they won't get you wired or cause you to crash.



Ingredient	Amount	
Nut Butter	2/3	cup
Cacao nibs	1/2	cup
Oats	1	cup
Ground Flax Seed	1	cup
Honey	1-2	tbsp
OPTIONAL/ SUBSTITUTE		
Chia Seed	1/2	cup
Cinnamon	1/2	tsp

Sample Instructions

1. Combine the ingredients in a mixing bowl.
2. Stir.
3. Refrigerate for approximately 30 minutes.
4. Form into about 12 balls.
5. Enjoy!

Nutrition Facts

Amount Per Serving 1Ball

Calories 200 Calories from Fat 117

% Daily Value*

Fat 13g 20%

Saturated Fat 3g 19%

Cholesterol 1mg 0%

Sodium 69mg 3%

Potassium 214mg 6%

Carbohydrates 16g 5%

Fiber 4g 17%

Sugar 7g 8%

Protein 6g 12%

Calcium 31mg 3%

Iron 1mg 6%

* Percent Daily Values are based on a 2000 calorie diet.