

## Protein Balls

- 1 cup Rolled Oat's
- 1/2 cup Peanut Butter
- 1/3 cup Honey
- 1 cup Coconut Flakes
- 1/4 cup Flax Seeds - if you have a grinder then grind them to make them more digestible but if you don't have a grinder then don't worry about it
- 1/4 cup of Protein Powder
- 1 tsp vanilla
- 1/4 cup Hemp seeds
- 1/4 cup Chia Seeds

Mix all ingredients together and if it seems a little dry then add just a little water. Form into little balls. They freeze well.