SHOPPING LIST
Power Balls

- ◯ Rolled Oats
- ◯ Soy Nut Butter
- ◯ Honey
- ◯ Flax Seed
- ◯ Mini Chocolate Chips
- ◯ Raisins
- ◯ Sunflower Seeds
- ◯ Kosher Salt
- ◯ Unsweetened Coconut

CUT

Professor Fizzy presents

SNACKS

Fizzy's LUNCH LAB

Power Balls

VEGETARIAN	TIME	DIFFICULTY	MAKES
V	(clock)	E	32
YES	Under 30 min.	Easy	Power Balls

YOU WILL NEED

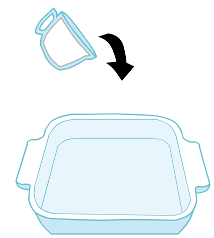
- **2 ½ cups** old-fashioned rolled oats
- **1 cup** soy nut butter
- **½ cup** honey
- **½ cup** ground flax seed
- **½ cup** mini chocolate chips
- **½ cup** raisins
- **½ cup** sunflower seeds, toasted
- **½ teaspoon** kosher salt
- **1 cup** unsweetened coconut, toasted

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

You may substitute sunflower seed butter or peanut butter for the soy nut butter.

STEP 1: Combine all the ingredients, except the coconut, in the bowl of a standing mixer fitted with the paddle attachment. Mix on low speed until combined, about 3 minutes. Using 2 tablespoons at a time, roll the mixture into balls.



STEP 2: Spread the coconut in a shallow baking dish or pie plate. Roll each ball in the coconut to coat. Store the power balls between layers of parchment or wax paper in an airtight container in the refrigerator for up to 2 weeks, or freeze for up to a month.

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Nutrition Facts

Serving Size 1 power ball (33g)
Servings Per Container 32

Amount Per Serving	
Calories 160	Calories from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4