

Cookie Butter Crunch

No-bake energy balls · Makes 12

Ingredients



Instant oats
1 cup



Cookie butter
½ cup, crunchy



Honey
2 tablespoons



Cinnamon
1 teaspoon



Salt
Pinch

⚠ Allergen: wheat

Instructions

1

Mix cookie butter and honey
Stir until smooth and fully combined

2

Add oats, cinnamon, and salt
Stir until everything is evenly coated

3

Roll into 12 bite-sized balls
Use about 1 tablespoon of dough per ball

4

Chill to set
Place in the fridge for 20–30 minutes

⌚ Chill time
20–30 min

Nutrition

Whole recipe
1,100 cal
13.5g protein

Per ball (+12)
90 cal
1.1g protein

