NO BAKE OATMEAL ENERGY BALLS

Yield: 12 energy balls

Ingredients
- 1 cup dry oats
- ¼ cup peanut butter
- ¼ cup honey
- ½ cup chocolate chips
- ½ teaspoon vanilla (optional)
- Dash of salt

Directions
1. Using a medium bowl, add all ingredients and stir to combine well.
2. Refrigerate for at least 30 minutes.
3. Using a spoon to scoop about a tablespoon of the mixture into your hand to roll into a ball. Repeat with the remaining mixture.
4. Cover and store the energy balls in a refrigerator for up to a week.

Source: https://www.blessthismessplease.com/8-no-bake-oatmeal-energy-balls

BANANA OAT MUFFINS

Yield: 12 muffins

Ingredients
- 1 cup plain Greek yogurt
- 2 medium ripe bananas
- 2 eggs
- 2 cups rolled oats
- ¾ cup brown sugar
- 1 ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ cup chocolate chips, mini or regular

Directions
1. Preheat oven to 400°. Spray or line muffin pan with paper liners.
2. Add all ingredients to a bowl except chocolate chips and blend well – may use mixer.
3. Stir in chocolate chips by hand.
4. Pour batter into muffin pan, filling 2/3 full.
5. Sprinkle chocolate chips on top of batter.
7. Store in air-tight container for up to 7 days.

Source: http://www.runningwithspoons.com/2014/06/24/banana-oat-greek-yogurt-muffins