**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](https://www.blessthismessplease.com/8-no-bake-oatmeal-energy-balls)

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**BANANA OAT MUFFINS**

**Yield:** 12 muffins  
**Ingredients**  
- 1 cup plain Greek yogurt  
- 2 medium ripe bananas  
- 2 eggs  
- 2 cups rolled oats  
- ¼ 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°F. 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.