

# Nut Butter Balls

## Ingredients

1/2 cup nut butter.

1 cup soaked oatmeal, ground almonds, or ground walnuts

Optional ¼ cup dried fruit, scoop of protein powder

1 Tbsp cocoa

1/2 cup maple syrup or Honey

¼ cup sesame seed or shredded coconut

## Preparation

Combine all ingredients except the sesame seeds

Form into balls

Roll in sesame seeds

And put in freezer

Thanks for sharing Dr. Faith Flatt 😊