

# FEATURED RECIPE

## Ingredients:

- 1 cup oats
- 1/2 cup chunky peanut butter
- 1/2 cup unsweetened desiccated coconut
- 1/3 cup honey
- 1/4 cup chia seeds
- 2 Tbsp vanilla protein powder
- 1/4 tsp cinnamon
- 1/2 cup dark chocolate cocoa



## Tiger Balls (No-Bake Energy bites)

This recipe has evolved with many variations over the decades. In the 60's carob was used instead of chocolate. Wheat germ and ground flax seed may also be thrown in. The underlying theme is a bunch of healthful ingredients all rolled into one. Yum!

Mix all ingredients together in a bowl until evenly distributed.

Roll dough into 1 1/2 inch balls.

Roll in cocoa powder.

Chill at least 30 minutes.

Store in airtight container for up to a week.



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