

Sue's Energy Zingers

No cooking required and you'll expend energy just trying to keep these little balls of energy and protein away from your family members so that you get to nibble a few for yourself!! They freeze well, so make up a batch, store in the freezer and take out one when you need it.

Ingredients:

½ cup chopped dates
¼ cup orange juice
1/3 cup ground flax seed
¾ cup wheat bran
1 cup uncooked oatmeal
1 tsp cinnamon
3 tbsp pure maple syrup
1-¾ cups natural unsweetened peanut butter

Directions:

Stir and form into balls and keep in fridge/freezer until ready to eat.