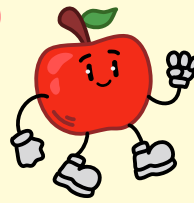


# OATMEAL, NOURISH ENERGY BALLS



PHOTO CREDITS: CANVA



## Ingredients

- 1 ½ CUPS OF OATS
- ¾ CUP OF PEANUT BUTTER (OR ANY NUT BUTTER)
- ¼ CUP OF HONEY.  
- IF YOU WANT TO LOWER YOUR ADDED SUGAR INTAKE, YOU CAN TAKE A NOURISH STEP AND USE 2 TBSP OF HONEY INSTEAD
- **TIP: TO INCREASE HEALTHY FATS, PROTEIN, OR FIBER YOU CAN ADD A COUPLE OF TABLESPOONS OF HEMP SEEDS, FLAX SEEDS, OR CHIA SEEDS**

This recipe offers a couple of options for you to take a **NOURISH** step



PREP  
TIME  
**5 MIN**



COOK  
TIME  
**10 MIN**



SERVINGS  
**MAKES 12-16 BALLS**

## Instructions

1. In a large mixing bowl, combine the oatmeal, nut butter, and honey
2. Mix the ingredients until well combined
3. At this point, you can add your extra ingredients, such as seeds or a little bit of dark chocolate, and fold them in
4. Roll into a ball
5. Refrigerate for 10 minutes before eating
6. Enjoy!

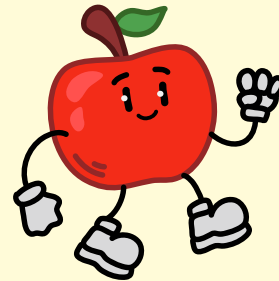
### Notes:

- Storage: Store in an airtight container and refrigerate for up to 5 days

# THE BENEFITS OF OATMEAL

Oatmeal contains soluble fiber

- **Soluble fiber-** can help manage high cholesterol and diabetes
- **Diabetes:** Soluble fiber acts like a sponge in your gut—it soaks up water and slows down how quickly sugar from food enters your bloodstream. This helps prevent those sudden sugar spikes, keeping your blood glucose levels steadier.
- **High Cholesterol:** Soluble fiber is like a fishing net in your gut—it catches cholesterol and fats as they pass through, stopping them from entering your bloodstream and helping lower your cholesterol.



IF YOU WANT MORE PEP, TAKE A NOURISH STEP TODAY AND TRY FUN WAYS TO INCLUDE OATMEAL IN YOUR DAY

## Ways you can eat oatmeal

- In a bowl with berries
- Roasting the oats to act as granola and topping off yogurt
- In a smoothie
- Energy balls
- Oatmeal cookies
- Oatmeal muffins