

## Peanut Butter and Date Energy Mounds

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### Ingredients

Rolled oats, 2 cups (use gluten free if needed)

Ground flaxseed, 1/4 cup

Himalayan pink salt, generous pinch

Medjool dates, 2 cups pitted

Vanilla extract, 1/4 tsp

\*Peanut butter, 1 heaping cup + 2 TBS

### Directions

1. Place oats, flaxseed, and salt in a food processor/blender and run until oats are of flour consistency (or as close as possible).
2. Remove the pits from the dates. When measuring dates, be sure to pack them into measuring cup. Add dates and vanilla to oat, flaxseed, and salt mixture in processor. Blend until combined.
3. Add peanut butter to the mixture. Blend until well combined.
4. Using a cookie scoop or teaspoon scoop the mixture and form them into balls or another easy to grab shape. Place them on a cookie sheet. Optional: place in refrigerator to set. Enjoy!

\*Be sure to use a peanut butter that is only peanuts and perhaps some salt.

Makes around 24 balls when using 1 1/2 TBS cookie scoop.

### Recipe Notes

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