Yummy High Energy Peanut Butter Snack Balls

from dailyimprovisations.com

Cream together (really, a wooden spoon works best):

- 3/4 cup chunky peanut butter - I used Skippy. We use natural peanut butter sometimes, but I find myself avoiding eating it or cooking with it because of how it separates or gets hard in the refrigerator, so I often revert back to Skippy.
- 1/2 cup honey
- 1 teaspoon real vanilla

In a separate bowl mix:

- 1 cup old fashioned rolled oats (I expect quick cooking oats would work, too)
- 1/4 cup flax seed
- 1 cup recently home ground pastry flour (which at my house means flour from soft, white wheat berries)
- 1/2 teaspoon sea salt

Add the dry ingredients to the creamed ones and stir well. It didn't take very long at all, even though it seemed stiff at first.

Optional: add approximately 1 tablespoon of cocoa nibs or finely chopped dark chocolate pieces to each 1/2 cup of mixture.

Form into balls of any size that is handy for storage and snacking! Put the ones that are left in container with wax paper between layers. Refrigerate, especially if made from natural peanut butter.