

Energy Balls

- 1 ¼ cups rolled oats
- ½ cup peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract
- ¼ teaspoon kosher salt
- ½ cup chocolate chips

NUTRITION:
 SERVING: 1 ball
 CALORIES: 131kcal
 CARBOHYDRATES: 18g
 PROTEIN: 4g
 FAT: 5g
 SATURATED FAT: 1g
 POTASSIUM: 115mg
 FIBER: 3g
 SUGAR: 6g
 CALCIUM: 20mg
 IRON: 1mg

Optional: 2 tablespoons of chia seeds, flax seed or similar

PREPARATION:

Mix all ingredients in a bowl and chill. Once chilled, use a scoop or your hands to roll into balls.

Store leftover energy balls in an airtight container in the refrigerator for up to 2 weeks or freeze for up to 3 months.

For nut allergies: In place of the almond or peanut butter, try sunflower seed butter.

Ham and Cheese Cucumber Sushi

- 1 cucumber (7-8")
- 2 slices cheddar cheese, thinly sliced
- 2 slices all-natural deli meat, of your choice, thinly sliced
- ⅓ cup carrot, cut into matchsticks

NUTRITION
 SERVING: 1 Slice
 CALORIES: 16
 FAT: 0g
 CARBOHYDRATES: 2g
 FIBER: 0g
 SUGAR: 1g
 PROTEIN: 0g

Optional: You can also put a dab of cream cheese on each one.

PREPARATION:

Slice cucumber into large 1-inch (2 ½ cm) thick slices (approx. 7 servings). Hollow out center of cucumber, leaving about ½ inch (1 cm) of cucumber inside. Roll deli meat strips into a small roll. Stuff cucumber pieces with deli meat, cheese, and carrots until center is filled.

Refrigerate in tightly sealed container.