

Oatmeal Cookie Energy Balls – Low FODMAP, Low Histamine

Ingredients:

1 cup rolled oats
1/3 cup sun butter
2 tbsp maple syrup
2 tbsp ground flax seeds
1 tbsp hemp hearts
1/4 tsp nutmeg

Directions:

Combine all ingredients and mix well until the mixture will hold ball form. Roll mixture into 1 inch balls. If desired you can roll formed balls in coconut shreds, cane sugar, or additional hemp hearts, whatever you would like.