

TUMBLEWEED ENERGY BALLS

1 cup oatmeal

1/2 cup almond butter

1/3 cup honey

1 cup coconut flakes (small flakes)

1/2 cup ground flaxseed

1/2 mini chocolate chips

1 tsp vanilla

Mix ingredients together. Place in refrigerator for 15 minutes. Then form into bite size balls. Roll in toasted coconut (or untoasted).

Refrigerate. Makes around 20 balls.

THE TUMBLEWEED CAME BACK

By Carmela LaVigna Coyle, Illustrated by Kevin Rechin