

# Farm Market Recipe

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## Muddy Buddy Energy Balls

### Ingredients:

- 2 cups corn or rice Chex cereal, lightly crushed
- 1 cup natural nut butter or seed butter
- ¼ cup honey or pure maple syrup
- 6 tablespoons mini chocolate chips
- ½ teaspoon vanilla extract
- 3 tablespoons confectioners' sugar

### Directions:

1. Combine cereal, nut butter (or seed butter), honey (or maple syrup), chocolate chips and vanilla in a medium bowl; stir well. Using a 1-tablespoon measure, roll the mixture into balls.
2. Place confectioners' sugar in a bowl. Place a few energy balls at a time in the bowl and toss to coat with the sugar, shaking off excess. Transfer to a plate. Repeat with the remaining balls.

### To make ahead:

Refrigerate in an airtight container for up to 5 days or freeze for up to 3 months.

### Nutrition Facts:

Servings: 10 Serving Size: 3 balls

Per Serving: calories 257; protein 6g; carbohydrates 23g; dietary fiber 2g; sugars 14g; total fat 15g; saturated fat 3g; vitamin A 100IU; vitamin C 1mg; vitamin D 8IU; folate 68mcg; sodium 130mg; calcium 23mg; iron 1mg; magnesium 9mg; potassium 41mg; zinc 1mg;.

*Recipe from [eatingwell.com](http://eatingwell.com)*