

FAB-u-LESS [cuz you'll be eat'in them like crazy] FIBER BALLS

1 C peanut butter

1 C honey

Mix these together.

Then add all the following and mix well:

3 C oatmeal

1 C chocolate [carob] chips –mini's work well

1 c coconut [unsweetened]

1 c nuts or raisins

½ to 1 C bran [I used ½ C ground flax]

¼ tsp. salt

Shape and press by hand into balls. *[might be easier if they are chilled a bit first]*

It is best to work with rubber gloves, so it won't stick to your hands.

Keep in refrigerator or freezer. This is great on-the-go protein snack.

These are hard to keep around they are so good. Enjoy!