



Purposeful Bake Study
Fairy Tales
Kinder-Grade 3

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Willfully Serving His Children



Blueberry Energy Balls

Ingredients:

- 1 cup oats
- ½ cup melted almond butter
- ¼ cup honey
- 1 cup fresh (or dried) blueberries
- 1 tablespoon chia seeds
- 1 teaspoon flax seed
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1 tablespoon sunflower seeds

Directions:

1. Add all ingredients to a large bowl and mix.
2. Use a spoon to scoop out and roll to shape balls.
3. Refrigerate to allow the balls to harden.



Chocolate Energy Balls

Ingredients:

- 1 cup oats
- 2 scoops chocolate protein powder
- 1 cup peanut butter
- $\frac{1}{4}$ cup honey
- $\frac{1}{4}$ cup sunflower seeds

Directions:

1. Add all ingredients to a large bowl and mix.
2. Use a spoon to scoop out and roll to shape balls.
3. Refrigerate to allow the balls to harden.
4. Add a little bit of sprinkles and a lollipop/popsicle stick to create a fairy wand for your fairy tale study.

