



LADY BALLS

energy bites for sex.

Ingredients

2 cups gluten free oats (not instant oats)
½ cup ground flax seed
1 tsp cinnamon
1 tbsp ground chia seeds
½ cup real maple syrup or honey
½ cup peanut butter
1 tbsp protein powder (optional)
1/3 cup chocolate chips (it says optional, however chocolate is a non-negotiable in my life)

Directions

Mix all ingredients together, roll into bite-size balls, refrigerate and enjoy!
Keeps up to 1 week in your fridge, sealed in an air-tight container.

This recipe was created for Dr. Carlen by Chef Yoda of:

