

Bloating-Relief Flaxseed Energy Balls

Prep & Cook Time

- Prep Time: 10 minutes
- Chill Time: 30 minutes
- Total Time: 40 minutes

Ingredients

- 1 cup rolled oats (gluten-free if preferred)
- 1/2 cup ground flaxseeds
- 1/2 cup natural peanut butter or almond butter (just nuts + salt)
- 1/4 cup honey or maple syrup (adjust to taste)
- 1/4 cup unsweetened shredded coconut (*optional, adds texture*)
- 1 tsp chia seeds
- 1/2 tsp ground cinnamon
- Pinch of sea salt

Instructions

1. In a large bowl, mix rolled oats, ground flaxseeds, chia seeds, cinnamon, and salt.
2. Add peanut/almond butter and honey/maple syrup.
3. Stir or knead until a dough forms. Adjust texture with more oats (if sticky) or more nut butter (if dry).
4. Roll into 1-inch balls.
5. Place on a parchment-lined tray and refrigerate for 30 minutes.
6. Store in an airtight container in the fridge for up to 7 days.

Benefits

- ✓ High in fiber for digestion
Healthy fats for satiety
- ✓ Cinnamon and flaxseeds for gut health

Nutrition (per ball, ~16 balls)

- **Calories:** 120–150 kcal
- **Protein:** 4–5 g
- **Fiber:** 4–5 g
- **Healthy Fats:** 8–10 g
- **Carbohydrates:** 10–12 g