

# Herbal Legacy Recipes

## Chia Snowballs

Recipe from **Healthy Holiday Favorites** © GreenSmoothieGirl.com

*This recipe couldn't be any easier, and they present beautifully. Take these to the next cookie exchange and they will be the star of the party.*

### INGREDIENTS:

- 1 C peanut butter (preferably natural, without added sugar)
- ½ C honey
- ¼ C brown rice syrup (found at health food store)
- 2 ½ C brown rice cereal (found at health food store)
- ½ C oats
- 1-2 Tbsp. chia seeds
- *optional:* 1 C finely shredded coconut



### DIRECTIONS:

1. Mix all of the ingredients together except for the coconut.
2. Roll the mixture into balls and then roll in the coconut. Or, if omitting the coconut, press mixture into an 8x8" pan and let it sit until soft, about 1 hour.

*Note:* Chia seeds are a power food. Packed with nutrition, they contain 19-23% protein. Two ounces of chia seeds will give you more Omega-3 than 1 ¾ pound of salmon. Chia also has three times more flavanol (to fight cancer ) than blueberries.

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