

ENERGY SEED BALLS

Ingredients

- 1/4 cup peanut butter or sunbutter
- 2 Tbsp honey
- 2 Tbsp raisins
- 2 Tbsp oats
- 1/4 cup shelled sunflower seeds
- 1/4 cup of flax, sesame, chia, hemp or a combination



Other Supplies Needed

- bowl for mixing
- spoon to stir
- plate for seeds

Instructions

1. Add sunflower butter or peanut butter, honey, oats, and raisins to your mixing bowl
2. Mix until a dough forms
3. Sprinkle the seed mix on a clean plate
4. Roll a small amount of dough between your palms to form a ball, about 1 inch around
5. Roll the ball in the plate of seeds to coat, Your fingers will get sticky, but have fun!



Learn about Seeds!



What is a seed? A seed can be thought of as a baby plant. If it has water, sunlight, and soil, a seed can grow into a tree, flower, fruit, or vegetable. Seeds are storing energy so they can grow and that stored energy makes seeds very healthy to eat!

What are some seeds that we commonly eat? sunflower seeds, pumpkin seeds, nuts, peas and beans are all seeds!

Stay safe!

1. Always ask an adult's permission before cooking or using tools in the kitchen, especially the stove.

2. Wash Your Hands: Clean hands are very important for food safety and should be the first step before touching any food or tools.



3. Clean As You Go: Cleaning spills and messes as you go will prevent slips and falls. Plus it makes it easier to have a clean kitchen at the end!

4. Pay attention to what is hot: If you are using the stove, remember that handles and utensils can get hot, use a potholder or towel to handle hot items.

5. Practice Good Knife Skills: Hold your knife by the handle with one finger along the top edge. Pay attention to your fingers and curl them into a bear claw to avoid cutting yourself while holding the food item. Only cut on a stable surface.

