1 cup old fashioned oats
2/3 cup unsweetened coconut flakes
1/2 cup nut butter (peanut, sunflower, etc.)
1/2 cup ground flax seeds
1/2 cup semisweet chocolate chips
5 Tbsp honey
1 Tbsp chia seeds
1 tsp vanilla extract

1. Stir all ingredients together in a medium bowl until thoroughly mixed.
2. Cover and let chill in the refrigerator for 30 minutes.
3. Roll into 1” balls. To store, keep in an airtight container in the fridge for up to 1 week.

(Serving size 1 ball: Calories 134 kcal, Total fat 8 g, Carbohydrate 14 g, Fiber 3 g, Sugar 10 g, Protein 3 g)
Going more than 5 hours between meals? Power effective study sessions with fiber + protein snacks!

Fiber + protein supports long-lasting energy. Protein in particular may help regulate mood and improve mental clarity.

**FIBER**
- Banana
- Dried apricots
- Air-pop popcorn
- Wheat crackers
- Oat cereal
- Carrot sticks

**PROTEIN**
- Peanut butter
- Unsalted nuts
- Sunflower seeds
- String cheese
- Greek yogurt
- Boiled eggs