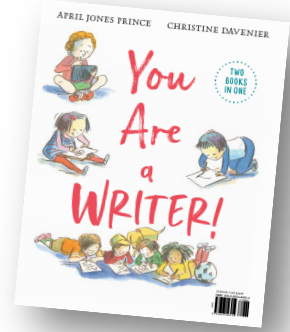


YUM!

Snacks to give your energy
as you **READ!** and **WRITE!**



What are the perfect snacks for reading? Not too messy (no getting crumbs in the gutter of your book!), not too greasy (no getting oil marks on your book's pages!), not too complicated (no losing focus when you want to fall into a story!).

Quick, tasty snacks like carrot sticks, apple slices (with or without peanut butter), pretzels, or squares of cheese are simple, healthy options. If you want to activate your senses as a writer AND follow a recipe as a reader, here are our family's favorite no-bake protein balls. They taste like a treat (and they are), but they're also full of protein, healthy fats, and fiber to give you energy and fill you up so you can read and write up a storm. We found them on Build Your Bite, where there are many other fun variations.

<https://buildyourbite.com/energy-balls/>

Peanut Butter Oat No-Bake Protein Balls

Ingredients:

- 1 1/3 cup whole oats (rolled oats)
- 1/2 cup protein powder (vanilla, or chocolate)
- 1/2 cup mini chocolate chips
- 1/8 tsp. salt
- 1 1/2 cup natural no-stir peanut butter
- 1/2 cup honey
- 1/2 -1 tsp. cinnamon optional

Combine protein powder, rolled oats, salt, and chocolate chips in a large bowl; stir together. Add peanut butter and honey and mix again using a rubber spatula. Mixing will take some muscle! Trade off turns with a friend or sibling.

Cover a baking sheet with waxed paper or parchment. Using a mini cookie scoop or two spoons, drop energy balls onto the cookie sheet. Roll into more rounded balls if desired. Place protein balls in the fridge for an hour or so to firm. Store, covered, in the refrigerator or freezer. Pop one or two when you need some *verve!*

Created by author *April Jones Prince* for your literary snacking pleasure!

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