

PALMER PROTEIN ENERGY BARS

Created by Allison Fiscus

We made these balls for home schoolers at the State Fair in 2021

Very smooth, energizing balls. Enjoy!!

1 C whole grain pancake mix	1/2 C rolled 7 grain*
1 C natural peanut butter	1/2 C wildflower honey
1 t maple powder	1 t cinnamon
1/4 t salt	1 T ground flax meal

Combine all ingredients. Keep mixing until all ingredients are incorporated. Fold in

~ 1/2 C sunflower seeds* 1/2 C mini chocolate chips
1/4 C dried cranberries

Scoop into balls using a small cookie scoop. Place on lined cookie sheet. Freeze for 5 minutes or in frig for 15 minutes. Enjoy, get energized! Store leftovers in frig for up to 2 weeks.

I was very skeptical of the flour ingredients in protein balls. I had only used rolled grains. These were amazingly smooth & just slid right on down. Thank you for enlightening me, Allison!

*For explosive energy, nutrition & flavor, soaked & dehydrated grains & seeks seeds prior to using them.

PANCAKE/WAFFLE MIX

6 C 7 grain mix flour*	1 1/2 C milk powder
6 C Prairie Gold Flour*	4 t pink salt
3/4 C baking powder	2 T sugar
1 C ground flax seeds	OR 1 C Rolled 7 Grain*

Mix all ingredients. Store in airtight container. Freeze.

To make pancakes ...

3 C mix	2 eggs
1/8 C healthy oil	2+ C water

Combine all ingredients, adding more water as needed. Cook on hot skillet or

waffle iron.

**I use Agave syrup with maple extract instead of junk maple syrup.