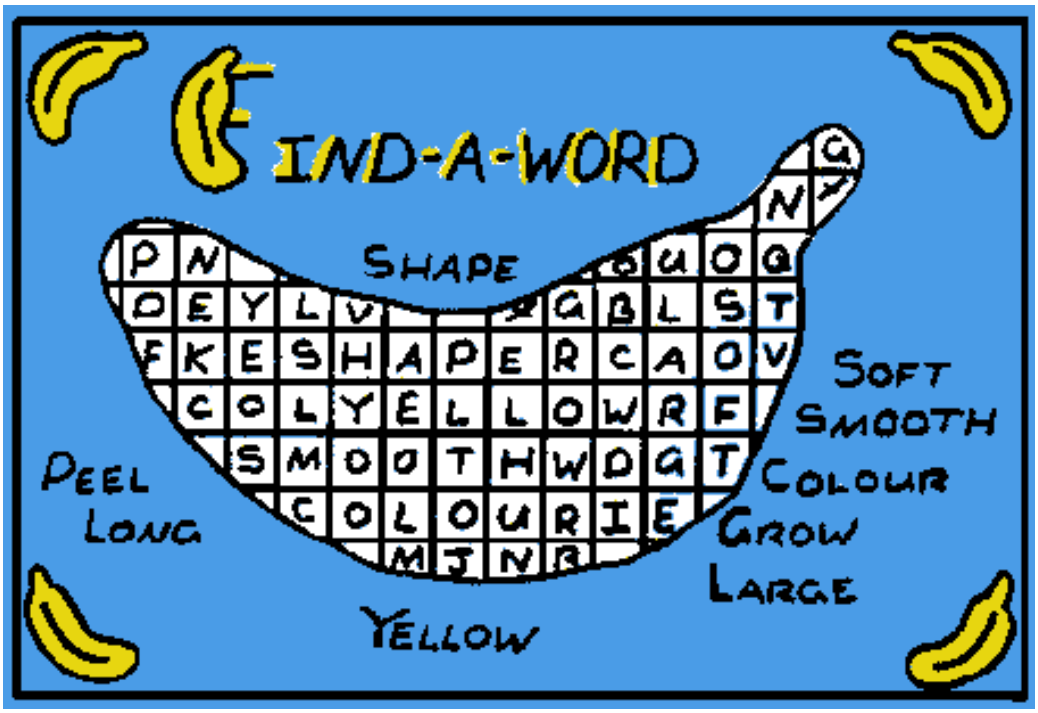
Balls of energy!

Ingredients:

- 1 banana
- 1/2 Cup chunky peanut butter
- 1/2 Cup toasted wheat germ
- Finely chopped peanuts, mini chocolate chips, sunflower seeds, and/or shredded coconut (or any other coating you can think of)

Directions:

- In an medium bowl, mash the banana and chunky peanut butter together.
- Stir in the wheat germ.
- Roll individual tablespoons of a mixture into balls
- Roll the balls in one or a combination of the coatings



Protein Power!

This snack is packed with nutrients that are sure to give you energy! Bananas have vitamins and minerals to help keep you healthy and they go well with a lot of different foods. Peanut butter and things like peanuts and seeds are loaded with protein to help give you energy and build muscle. Protein also helps you to feel full for a longer period of time. The coconut and chocolate chips also give you an extra boost to keep you energized!