

INGREDIENTS

Energy Balls

- 1/4 cup rolled oats
- 2 tbsp. ground flaxseed
- 2 tbsp. ground sesame seeds
- 1/4 cup grated **coconut**
- 10 **dates**
- 1/4 cup fruit juice
- 1/8 cup **sunflower oil**
- Crispy rice cereal (Ex.: Rice Krispies)



DIRECTIONS

1. Place all of the ingredients except the crispy rice cereal in a food processor. Mix until a fairly firm dough has formed.
2. Form small balls and roll them in the crispy rice cereal.

Enjoy after playing sports or when you need a quick snack!



INN TREASURE Grocery Store

La Constellation
du Granit



PROJET
PARTENAIRES
POUR LA
RÉUSSITE ÉDUCATIVE
EN ESTRIE



Commission scolaire
des Hauts-Cantons

M M M
MÉDIATHÈQUE
Nelly-Arcan



Québec



Canada

Take part in a treasure hunt... at the grocery store!

Pirates have hidden fabulous treasure and to find it, you must find the three ingredients shown on the treasure map below.

Enjoy your search sailor!



**CONGRATULATIONS, YOU'VE
FOUND THE PIRATE TREASURE!**

Dates

**Sunflower
oil**

Coconut

