

Oat Energy Balls

7 ingredients · 15 minutes · 17 servings



Directions

1. Combine dates, almond butter and maple syrup in food processor; pulse until dates are fully chopped and combined.
2. In a bowl mix together Oats, flax seed, dried fruit and cinnamon. Add date and almond butter mixture and stir until fully combined.
3. Roll into 1 tablespoonful balls. Place balls into an airtight container and refrigerate for 1 month.

Ingredients

- 3 Pitted Dates (Medjool Dates)
- 1/2 cup Almond Butter (Could also use peanut butter here)
- 1 tbsps Maple Syrup (100% Pure, not flavoured)
- 1 cup Oats (whole oats, not quick oats)
- 1/4 cup Ground Flax Seed (ground cocoa nibs also work well here)
- 2 tbsps Dried Unsweetened Cranberries (Any dried fruit would work here)
- 1/2 tsp Cinnamon

Nutrition

Amount per serving

Calories	78	Iron	1mg
Fat	5g	Vitamin D	0IU
Carbs	7g	Folate	5µg
Fiber	2g	Vitamin B12	0µg
Sugar	2g	Magnesium	27mg
Protein	3g	Zinc	0mg
Calcium	32mg	Selenium	2µg