

No-Bake Energy Balls

Prep: 10 minutes | Chill: 30 minutes | Total: 40 minutes

Yield: 20 servings | Serving Size: 1 energy ball

Ingredients

1 cup old-fashioned (rolled) oats

⅓ cup toasted unsweetened coconut flakes

½ cup flax meal (ground flax seed)

½ cup toasted unsalted pepitas (green pumpkin seeds) or shelled sunflower seeds

½ cup unsweetened nut or seed butter (e.g. peanut butter, almond butter, sunflower butter)

½ cup honey

1 tablespoon chia seeds or hemp hearts (hulled hemp seeds)

1 teaspoon vanilla extract

½ teaspoon ground cinnamon

Directions

- 1. In a medium mixing bowl, stir together the oats, coconut, flax meal, pepitas, nut or seed butter, honey, chia seeds or hemp hearts, vanilla, and cinnamon.
- 2. Cover the bowl with plastic wrap and place in the refrigerator to chill for 30 minutes.
- 3. Roll the mixture into 1-inch balls. Store in an airtight container in the refrigerator for up to 2 weeks, or freeze for up to 3 months.

Recipe Notes

 Substitute mini dark chocolate chips for some or all of the pepitas, if desired.

Nutrition Facts Per Serving: Calories: 105 | Total Fat: 5.5 g | Saturated Fat: 1 g Sodium: 5 mg | Total Carbohydrate: 11.5 g | Dietary Fiber: 2 g | Protein: 3.5 g

