



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
- $\frac{2}{3}$ cup toasted unsweetened coconut flakes
- $\frac{1}{2}$ cup flax meal (ground flax seed)
- $\frac{1}{2}$ cup toasted unsalted pepitas (green pumpkin seeds) or shelled sunflower seeds
- $\frac{1}{2}$ cup unsweetened nut or seed butter (e.g. peanut butter, almond butter, sunflower butter)
- $\frac{1}{2}$ cup honey
- 1 tablespoon chia seeds or hemp hearts (hulled hemp seeds)
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ 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

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs