

No-Bake Energy Balls with Almonds and Dried Fruit



Author: Amy Palanjian Prep Time: 30 Total Time: 30 Yield: About 15 Category: Snack
Method: No-Bake Cuisine: American

Description

I soaked all of my ingredients to make sure that they were moist enough when I put them into the food processor, but if your dates and dried fruit are very fresh—as in they feel super sticky and gooey—you can probably skip that step. You can also make them smaller using a teaspoon measuring cup if you'd like.

Ingredients

- 1 cup almonds
- 1 cup Medjool dates
- 1 cup dried apples, cherries, apricots, raisins, or prunes

Instructions

- 1 Soak all ingredients in water for 20-30 minutes. Drain well and pat dry with a paper towel.
- 2 Use a food processor to grind into a smooth paste, stopping to scrape down the sides of the bowl and to move the batter if it gets stuck in a clump. Use a 1-tablespoon measuring spoon to portion out



- i Store in an airtight container in the fridge for up to 1 month.
- i Variations:
Roll balls in unsweetened shredded coconut, sesame seeds, or cocoa powder if desired.
Use cashews or peanuts instead of almonds.
Add 2 tablespoons mini chocolate chips to the batter.

nutrition facts

Serves 15
Calories Per Serving: **73**

% DAILY VALUE			
Total Fat 4.9g	7%	Saturated Fat 0.4g	
		Polyunsaturated Fat 1.2g	
Monounsaturated Fat 3g	0%	Cholesterol 0mg	0%
Sodium 5.3mg	0%	Total Carbohydrate 6.9g	2%
Dietary Fiber 1.6g	6%	Sugars 4.8g	
		Protein 2g	4%
Vitamin A 0.1µg	0%	Vitamin C 0.2mg	0%
Calcium 26.5mg	3%	Iron 0.4mg	2%
Vitamin D 0µg	0%		

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