



Nutritional Information

Total Servings 16
Serving Size 1 energy ball
Calories per serving 107
Fat 7g
Carbohydrates 11g
Fiber 1g
Sugar 4g
Protein 2g

Fruity Oatmeal Energy Balls

Ingredients

1/4 cup chopped walnuts
1/2 tsp cinnamon
1/4 cup Sunsweet® Amaz!n™ Diced Prunes
1/4 tsp ground ginger
1/4 cup maple syrup
1 1/3 cup old-fashioned rolled oats
1 Tbsp orange juice
1 tsp orange zest
1/4 tsp salt
1/2 cup walnut butter

Instructions

In a large mixing bowl, combine all ingredients. Mix well to integrate, forming into a dough.

Portion out energy balls with a cookie scoop. Roll between hands to form a spherical shape- they won't be perfect, it's okay!

Place energy balls on a plate or in an airtight container and freeze for 1 hour, until firm. Allow to thaw slightly before enjoying! Store in the fridge 4-5 days.

Recipe created by Alyssia Sheikh of Mind Over Munch.