
No-Bake Energy Balls

Total time: 45 min Yield: 10 servings

Ingredients

cooking spray
2 cup rolled oats
2/3 cup pecans (rough-chopped)
2/3 cup dried cranberries
1/4 cup ground flaxseed
2 Tbsp brown sugar
salt
1/2 cup almond butter
1/4 cup maple syrup or any pancake syrup
1/4 cup brown rice syrup or molasses

Prep Time: 45 min Cooking Time: 0 minutes Total Time: 45 min

Instructions

Line a rimmed baking sheet with parchment paper, waxed paper or foil. If using foil, apply cooking spray.

In a medium bowl, combine the oats, pecans, cranberries, flaxseed, brown sugar and a pinch of salt. Add the almond butter and syrups (or syrup and molasses, if using) and use your hands to combine thoroughly. The mixture will be very sticky.

Use a tablespoon or small ice cream scoop to portion out balls. Wet your hands then roll the portions into balls.

Place the balls onto prepared sheet pan and freeze for 30 minutes to set. Yield is approximately 20 balls.

Store in refrigerator for up to a week. This is the perfect guilt-free energy snack to add to your kids' lunches and the recipe is easy enough for them to prepare on their own!

Recipe brought to you by:

Chef Michi Watarai