



Sport Nutrition Network

Sport dietitian approved and athlete-tested recipes

Energy Balls

Ingredients:

- 1 ½ cup oats
- ⅔ cup unsweetened coconut
- ½ cup peanut/almond or other nut butter
- ½ cup ground flaxseed or chia seeds
- ½ cup raisins
- ½ cup chopped dates
- ½ cup sunflower/pumpkin seeds and slivered almonds or walnuts
- ⅓ cup honey
- 1 tsp vanilla extract



Making it:

1. Stir all ingredients together in a medium bowl until thoroughly mixed.
2. Let chill in the refrigerator for half an hour.
3. Once chilled, roll into balls of about 1" in diameter.
4. Store in an airtight container and keep refrigerated for up to 1 week.
5. Makes 45-50 balls (1").

Tips and Hints:

- Substitute the raisins or dates for your favorite dried fruit such as cranberries, dried blueberries or apricots.
- For a sweeter kick, you can throw in a few chocolate or carob chips.
- For a higher protein power; add either 4 tbsp skim milk powder or 1 scoop of your favorite protein powder.

NUTRITION FACTS

Servings: 45-50 balls

Serving Size: 1, 1" ball

Total Calories	87
Carbohydrate	10.6 g
Total Fat	4.3g
Protein	3 g
Fiber	2 g

Prep Time: 10 minutes

Cook Time: 0