

Zucchini Bread Recipes

Energy Balls: Healthy Easy Snack Recipe

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Base

- [ ] 1 cup Medjool dates, pitted
- [ ] 1 cup raw almonds
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 1 tsp melted coconut oil
- [ ] 1 tbsp maple syrup
- [ ] 1 tsp lemon juice

Optional Add-Ins

- [ ] ½ cup shredded coconut for rolling
- [ ] A pinch of sea salt
- [ ] 1 tsp chia seeds

Instructions

1. Pulse the dates in the processor until they form a sticky paste.
2. Add almonds and pulse a few more times, keeping some tiny pieces for texture.
3. Stir in cocoa, coconut oil, maple syrup, and lemon juice; blend until everything is well-combined.
4. Scoop a tablespoon of mixture, roll into a ball, then coat in shredded coconut or extra cocoa. Repeat until the mixture is used.
5. Place the balls on a parchment-lined tray and chill for 10 minutes before serving.

Nutrition per serving

120 kcal	3 g	15 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a crunchier center, add a few chopped dried cranberries after blending.
- A drizzle of melted dark chocolate over the finished balls adds extra indulgence.
- Adjust sweetness by adding more or less maple syrup.