

Zucchini Bread Recipes

Healthy Date Balls Recipe

Quick, no-bake date balls that blend dates, nuts, and warm spices for a healthy snack.

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup Medjool dates, pitted
- [ ] 1/2 cup almonds, toasted
- [ ] 2 tbsp shredded coconut (optional)
- [ ] 1 tsp ground cinnamon
- [ ] 1/4 tsp ground nutmeg
- [ ] Zest of 1 lemon
- [ ] 1 tbsp maple syrup (optional)

Instructions

1. Place the pitted dates in a bowl of warm water for 5 minutes, then drain.



2. In a food processor, pulse the toasted almonds until coarse, then add the softened dates, cinnamon, nutmeg, lemon zest, and maple syrup; blend until a sticky dough forms.



3. Roll the mixture between your palms into 1-inch balls; if sticky, dampen your hands lightly.



4. Coat each ball in shredded coconut or cocoa powder, then place on a parchment sheet.



5 Refrigerate for 15 minutes to set before serving.



Nutrition per serving

210 kcal	5 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a chocolatey crust, roll the balls in cocoa powder instead of coconut.
- Add a pinch of sea salt to the mixture for a sweet-salty contrast.
- These balls freeze well; just thaw for a few minutes before eating.