



Long Livo

Date Nuts Energy Balls – Easy Healthy Snack

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Main Ingredients

- ☐ 1 cup pitted Medjool dates
- ☐ 1 cup mixed nuts (almonds, walnuts, cashews)
- ☐ 2 tbsp chia seeds (optional)
- ☐ 1 tsp vanilla extract
- ☐ ¼ tsp sea salt

- ☐ 1 tsp coconut oil

Optional Add-ins

- ☐ 2 tbsp shredded coconut for rolling
- ☐ 1 tbsp cocoa powder for a chocolate twist (pair with bliss balls)
- ☐ Pinch of cinnamon for warmth

Instructions

- 1 Place the pitted dates into a food processor and pulse until they form a sticky paste.
- 2 Add the mixed nuts and process until the mixture is finely chopped but still has some texture.
- 3 Stir in chia seeds, vanilla extract, sea salt, and coconut oil; pulse a few more times to combine.
- 4 Scoop out a tablespoon of the mixture and roll between your palms into a ball; repeat for the rest of the mixture.
- 5 If desired, roll each ball in shredded coconut or cocoa powder; then place on a parchment-lined tray.
- 6 Chill the balls in the refrigerator for at least 15 minutes before serving.

Nutrition per serving

110 kcal

Calories

3 g

Protein

10 g

Carbs

8 g

Fat

Tips & notes

- If the dates are very dry, soak them in warm water for 5 minutes before processing.
- Feel free to add a dash of espresso powder for a subtle coffee note.
- Store in the freezer for a quick, icy bite on hot days.