



Long Livo

Energy Balls – Healthy Easy No-Bake Snack

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Base

- ☐ 1 cup rolled oats
- ☐ 1 cup pitted dates, soaked 10 minutes
- ☐ 1/2 cup almond butter
- ☐ 1/4 cup maple syrup

- ☐ 1/4 cup shredded coconut, toasted

Flavor Boost

- ☐ 1 tsp lemon zest
- ☐ 1/2 tsp vanilla extract
- ☐ Pinch of sea salt

Instructions

- 1 Gather all ingredients; pit and soak dates in warm water for 10 minutes, then drain.
- 2 In a food processor, pulse rolled oats and toasted coconut until coarsely ground.
- 3 Add soaked dates, almond butter, maple syrup, lemon zest, vanilla, and sea salt. Process until the mixture sticks together when pressed.
- 4 Scoop a tablespoon of mixture and roll between palms into a ball; repeat for all.
- 5 Roll each ball in extra toasted coconut for a light coating, then place on a tray.
- 6 refrigerate for 20 minutes before serving. date nuts balls

Nutrition per serving

130 kcal

Calories

4 g

Protein

15 g

Carbs

8 g

Fat

Tips & notes

- If the mixture feels too sticky, chill it briefly before shaping.
- Adjust sweetness by reducing maple syrup if desired.
- Feel free to add a pinch of cinnamon for extra warmth.