



Long Livo

Healthy Chickpea Energy Balls Recipe

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Base

- ☐ 1 ½ cups cooked chickpeas (about one 15-oz can, drained and rinsed)
- ☐ ½ cup pitted dates, soaked
- ☐ ¼ cup rolled oats
- ☐ 2 tbsp honey (or maple syrup for vegan)

- ☐ 1 tbsp lemon juice

- ☐ 1 tsp vanilla extract

Optional Add-ins

- ☐ 2 tbsp cocoa powder for chocolate flavor
- ☐ ¼ cup chopped almonds or walnuts
- ☐ 1 tbsp shredded coconut for coating

Instructions

- 1** In a food processor, pulse the chickpeas until coarse but not completely smooth.
- 2** Add soaked dates, honey, lemon juice, and vanilla; process until the mixture becomes sticky and cohesive.
- 3** Stir in rolled oats and any optional add-ins like cocoa or chopped nuts; mix by hand until evenly distributed.
- 4** Roll the mixture between your palms into 1-inch balls, then coat lightly with shredded coconut or extra cocoa if desired.
- 5** Place the balls on a parchment-lined tray and refrigerate for at least 10 minutes before serving.

Nutrition per serving

120 kcal

Calories

5 g

Protein

18 g

Carbs

4 g

Fat

Tips & notes

- If the mixture is too sticky, chill it for 5 minutes before rolling.
- A pinch of sea salt enhances the sweetness and balances flavors.
- Feel free to double the batch for a larger stash.