



Long Livo

Healthy Date Balls – Easy Snack Recipe

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Base

- ☐ 1 cup Medjool dates, pitted
- ☐ 1/2 cup raw almonds
- ☐ 2 tbsp rolled oats
- ☐ 1 tsp ground cinnamon

- ☐ 1 tsp lemon zest

- ☐ 1 tbsp maple syrup (optional)

Coating

- ☐ 1/4 cup unsweetened coconut flakes
- ☐ 2 tbsp cacao nibs (optional)

Instructions

- 1 If the dates feel a bit dry, place them in a bowl of warm water for 5 minutes, then drain.
- 2 Add the softened dates, almonds, oats, cinnamon, and lemon zest to a food processor; pulse until a sticky paste forms.
- 3 If the mixture is crumbly, drizzle in a little maple syrup and blend a few seconds more.
- 4 Scoop rounded teaspoons of the mixture and roll between your palms into bite-size balls.
- 5 Roll each ball in coconut flakes or cacao nibs, then place on a tray and refrigerate for 20 minutes to set.

Nutrition per serving

110 kcal

Calories

3 g

Protein

16 g

Carbs

5 g

Fat

Tips & notes

- If you prefer a smoother texture, process the nuts a little longer before adding the dates.
- A pinch of sea salt can heighten the sweetness without adding actual saltiness.
- Feel free to add a splash of vanilla extract for an extra layer of flavor.