

Energy Balls with Dates, Salted Almonds & Seeds



Ingredients

- 2/3 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 1/2 cups pitted dates
- 2 tbsp flax seeds
- 3 tbsp sunflower seeds, roasted and salted
- 1/2 cup almonds, roasted and salted
- 1 tbsp honey

How to make it

1. Place all ingredients in the bowl of a food processor and mix until a sticky ball forms without over processing.
2. With slightly wet hands, roll a tablespoon of mixture into a tight ball.
3. Shape into 24 (about 1-inch diameter) balls.
4. Refrigerate, covered, until chilled.
5. Store leftovers in refrigerator, covered.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	0 min	10 min	24

Made with



Quaker® Oats-Old Fashioned