

# Plum & Honey Energy Balls

## Ingredients

- 2 ½ cups Quaker® Oats (quick or old fashioned, uncooked)
- 1/2 cup Tropicana® Pure Premium® Orange Juice with Calcium + Vitamin D (No Pulp)
- 1/2 cup pitted dried plums or dates
- 3 tbsp honey or agave nectar
- 1/2 tsp vanilla extract
- 1/2 cup Quaker® Oat Bran

## How to make it

1. Place 2 cups oats in large bowl. Put orange juice and half of the pitted dried plums or dates in food processor or blender; process until blended.
2. Add honey or agave nectar and vanilla; process to blend well. Add oat bran and remaining 1/2 cup of oats; process until well combined.
3. Add puree mixture and remaining dates to oats. Stir until well blended. Shape into 24 (about 1¼-inch diameter) balls.
4. Cover and refrigerate until chilled. Store leftovers in refrigerator, covered.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
20 min	0 min	20 min	12

## Made with



Quaker® Oats-Old Fashioned