



Energy Balls with Dates, Salted Almonds & Seeds



SERVINGS



COOKING TIME

24

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Switch up your snack time routine with our recipe for Energy Balls with Dates, Salted Almonds & Seeds. With a variety of delicious flavors rolled into bite-sized balls this snack is the perfect mid-day snack.

Ingredients

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

Cooking Instructions

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.