



# Plum & Honey Energy Balls



**SERVINGS**



**COOKING TIME**

12 (2 bites per serving)

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Looking for a new and easy snack? Our recipe for Plum & Honey Energy Balls is a make ahead recipe you must try! It's sweet, it's chewy, and made with dairy-free ingredients like chewy dried plums, sticky honey, and tangy orange juice. This is the snack you're going to want to reach for time and time again.

## Ingredients

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

## Cooking Instructions

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 ½ 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.