

# Six Energy Ball Recipes

## 1 OATMEAL RAISIN:

- ½ cup old fashioned rolled oats
- ¼ cup nut butter or seed butter
- ¼ cup raisins
- 3 pitted dates
- ¼ tsp cinnamon
- 1 Tbsp maple syrup or honey
- ½ Tbsp chia seeds
- ½ Tbsp water

## 2 DOUBLE CHOCOLATE:

- ½ cup old fashioned rolled oats
- ¼ cup nut butter or seed butter
- ¼ cup mini chocolate chips
- 3 pitted dates
- 1 Tbsp cocoa powder
- 1 Tbsp maple syrup or honey
- ½ Tbsp chia seeds, ¼ tsp cinnamon
- ½ Tbsp water

## 4 CARROT CAKE:

- ½ cup old fashioned rolled oats
- ¼ cup nut butter or seed butter
- ¼ cup grated carrots + pumpkin seeds
- ¼ cup shredded coconut
- 3 pitted dates
- 1 Tbsp maple syrup or honey
- ½ Tbsp chia seeds, ½ Tbsp water
- 1 tsp cinnamon, ¼ tsp nutmeg, ¼ tsp ground ginger

## 3 LEMON ZEST:

- ½ cup old fashioned rolled oats
- ¼ cup nut butter or seed butter
- 3 pitted dates
- 1 Tbsp maple syrup or honey
- ½ Tbsp lemon juice
- ½ Tbsp chia seeds
- ½ tsp cinnamon
- Zest from a lemon peel

## 5 CRANBERRY COCONUT:

- ½ cup old fashioned rolled oats
- ¼ cup nut butter or seed butter
- ¼ cup shredded coconut
- ¼ cup dried cranberries
- 3 pitted dates
- 1 Tbsp maple syrup or honey
- ½ Tbsp chia seeds
- ½ Tbsp water
- ½ tsp cinnamon

## 6 PEANUT BUTTER CHOCOLATE:

- ½ cup old fashioned rolled oats
- ¼ cup peanut butter
- ¼ cup mini chocolate chips
- 3 pitted dates
- 1 Tbsp maple syrup or honey
- ½ Tbsp chia seeds
- ½ tsp cinnamon
- ½ Tbsp water

## INSTRUCTIONS:

Add all ingredients to a food processor. Blend for 1-2 minutes, or until dates are broken down and ingredients are fully mixed. Use a cookie scoop or 1 Tbsp to measure and roll into balls. Store in fridge or freezer until ready to eat.

\* Roll carrot cake balls in shredded coconut and lemon zest balls in grated lemon.