

Oatmeal Date Balls

These delicious and healthy Energy Balls are the perfect snack for a hectic, on the go schedule. Inspired by Arab food, these Oatmeal Date Balls will be a hit for the entire family.



Snack

Arab

20 min

Total time

Difficulty: Easy

Difficulty

180

kcal / serving

Ingredients

- Ingredients for 1 person:
- 1/4 cup oatmeal
- 6-7 dates
- 2 tablespoons almond butter
- 2 tablespoons honey
- 1 teaspoon cinnamon
- A pinch of nutmeg
- 1 tablespoon chia seeds

Steps

- 1 Soak the dates in warm water for 10 minutes.
- 2 In a food processor, blend together the oatmeal, dates and almond butter until they form a dough.
- 3 In a bowl, mix together the date dough, honey, cinnamon and nutmeg.
- 4 Divide the dough into 8 equal parts, roll each part into a ball, and then roll each ball into the chia seeds.
- 5 Place the Oatmeal Date Balls in an airtight container, and enjoy!