

# 6 NO-BAKE ENERGY BALLS RECIPES

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## OATMEAL RAISIN BALLS

1/2 cup rolled oats  
1/4 cup nut butter  
1/4 cup raisins  
3 pitted dates  
1/4 tsp cinnamon  
1 Tbsp maple syrup or honey  
1/2 Tbsp chia seeds  
1/2 Tbsp water

## LEMON ZEST ENERGY BALLS

1/2 cup rolled oats  
1/4 cup nut butter  
3 pitted dates  
1 Tbsp maple syrup or honey  
1/2 Tbsp lemon juice  
1/2 Tbsp chia seeds  
1/2 tsp cinnamon  
Zest from a fresh lemon

## CHOCOLATE ENERGY BALLS

1/2 cup rolled oats  
1/4 cup nut butter  
1/4 cup mini chocolate chips  
3 pitted dates  
1 Tbsp cocoa powder  
1 Tbsp maple syrup or honey  
1/2 Tbsp water  
1/2 Tbsp chia seeds  
1/4 tsp cinnamon

## CRANBERRY COCONUT BALLS

1/2 cup rolled oats  
1/4 cup shredded coconut  
1/4 cup dried cranberries  
1/4 cup nut butter  
3 pitted dates  
1 Tbsp maple syrup or honey  
1/2 Tbsp chia seeds  
1/2 Tbsp water  
1/2 tsp cinnamon

## CARROT CAKE BALLS

1/2 cup rolled oats  
1/4 cup grated carrots  
1/4 cup nut butter  
1/4 cup pumpkin seeds  
1/4 cup shredded coconut  
3 pitted dates  
1 Tbsp maple syrup or honey  
1/2 Tbsp chia seeds  
1/2 Tbsp water

## PEANUT BUTTER CHOCOLATE

1/2 cup rolled oats  
1/4 cup peanut butter  
1/4 cup mini chocolate chips  
3 pitted dates  
1 Tbsp maple syrup or honey  
1/2 Tbsp chia seeds  
1/2 Tbsp water  
1/2 tsp cinnamon

## **Oatmeal Raisin, Double Chocolate, Cranberry Coconut, Peanut Butter Chocolate Chip 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.

## **Carrot Cake Energy Balls Instructions:**

- Use grater to shred ¼ cup of carrot. Add all carrot cake balls 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. Roll each ball in extra shredded coconut. Store in fridge or freezer until ready to eat.

## **Lemon Zest Energy Balls Instructions:**

- Grate the peel of one lemon to create zest. Add all ingredients for lemon zest balls 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. Roll in extra lemon zest. Store in fridge or freezer until ready to eat.