

Helergon Kitchen

Energy Balls – Healthy No-Bake Snack

10 min Prep time	**10 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup pitted Medjool dates
- [ ] 1/2 cup raw almonds
- [ ] 1 cup rolled oats
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp honey or maple syrup
- [ ] A pinch of sea salt

Optional Add-ins

- [ ] 2 tbsp shredded coconut
- [ ] 1 tbsp chia seeds
- [ ] A dash of vanilla extract

Instructions

1. Place the pitted dates, almonds, oats, cocoa powder, lemon zest, and sea salt into a food processor.
2. Pulse until the mixture becomes a coarse, sticky paste; scrape down the sides as needed.
3. Add honey (or maple syrup) and optional vanilla; blend briefly just to incorporate.
4. Shape the mixture into 1-inch balls using your hands; if the mixture sticks, dampen fingertips with a little water.
5. Roll each ball in shredded coconut or extra cocoa if desired, then place on a parchment-lined tray.
6. Refrigerate for 15 minutes to firm up before serving or storing.

Nutrition per serving

120 kcal	3 g	18 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If dates are very dry, soak them in warm water for 10 minutes and drain well.
- For a nuttier flavor, toast the almonds lightly before processing.
- These balls can be frozen; thaw for a few minutes before eating.