



Apricot-Nut Energy Balls

Antioxidant rich snack!

SERVINGS: 6

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- Dried apricots 60gm or $\frac{1}{2}$ cup (vitamin A, antioxidants)
- Walnuts 15 gm/2 tbsp or ground flaxseeds 10gm/1 tbsp (omega-3s)
- Almond butter 1 tbsp (vitamin E)
- Rolled oats 30gm or $\frac{1}{2}$ cup
- Optional: coconut flakes 1 tbsp or dark chocolate chips 1 tbsp

DIRECTIONS:

1. Soak dried apricots in warm water for 5 minutes to soften, then drain.
2. Add apricots, walnuts, almond butter, and oats to a food processor.
3. Pulse until a sticky dough forms.
4. Mix in coconut flakes or chocolate chips, if using.
5. Roll into small balls. Chill for 15–30 minutes before serving.

How to serve: Blend, roll into balls, refrigerate.

NUTRIENTS:

-85 calories, 2 gm protein, 10 gm carbs, 4 gm fat