

Peanut Butter-Oat Energy Balls

This recipe is an easy and healthy grab and go snack! The Medjool dates add sweetness, fiber, vitamins, and minerals. This recipe is great as is or adjust to your preference by modifying the ingredients. Almond butter, chocolate chips, dried fruit, nuts, and seeds are all great modifications! Enjoy!

Ingredients

This recipe makes 12 balls

- ¾ cup chopped Medjool dates
- ½ cup rolled oats
- ¼ cup peanut butter
- Chia seeds for garnish

Directions

1. Soak dates in a small bowl of hot water for 5-10 minutes. Drain.
2. Combine dates, oats, and peanut butter into food processor and process until finely chopped.
3. Roll into 12 balls, about 1 tablespoon each.
4. Refrigerate for at least 15 minutes

Tips

- Keep refrigerated in airtight container for up to 1 week.



Recipe from [Eating Well](#)