Cranberry Pistachio Energy Balls

Ingredients

- 1 packed cup of pitted Medjool dates
- 1 tbsp chia seeds
- 1 tbsp ground flax seeds
- 1 pinch of salt
- ¾ cup old-fashioned oats (dry, uncooked)
- ¼ cup shelled pistachio nuts
- 3 tbsp dried cranberries
- ¼ cup white chocolate chips (optional)*

* Nutrition facts include all optional ingredients

Making It

1. Combine the dates, chia seeds, flax seeds, salt and 3 tbsp of water in a food processor, and pulse until it becomes a doughy consistency. You may have to stir the mixture in between pulses.
2. Transfer the mixture to a large bowl and stir in the oats, pistachios, cranberries and chocolate chips until they are combined.
3. Use hands to form bite sized rounds and place on a tray.
4. Place tray of energy balls in the refrigerator for at least 30 min to allow them to harden. These can keep for up to 2 weeks.

Adapted from http://www.gimmesomeoven.com/cranberry-pistachio-energy-bites/

NUTRITION FACTS

Servings: 10  
PER SERVING
Calories (kcal): 171  
Fat (g): 4  
Carbohydrate (g): 35.5  
Protein (g): 3  
Fibre (g): 4.4

TIPS & HINTS

If the mixture is too thick, add water as needed.