

# Fruity Oatmeal Energy Balls

## Ingredients

1/4 cup chopped walnuts  
1/2 tsp cinnamon  
1/4 cup Sunsweet® Amaz!n™ Diced Prunes  
1/4 tsp ground ginger  
1/4 cup maple syrup  
1 1/3 cup old-fashioned rolled oats  
1 Tbsp orange juice  
1 tsp orange zest  
1/4 tsp salt  
1/2 cup walnut butter

## Instructions

In a large mixing bowl, combine all ingredients. Mix well to integrate, forming into a dough.

Portion out energy balls with a cookie scoop. Roll between hands to form a spherical shape-they won't be perfect, it's okay!

Place energy balls on a plate or in an airtight container and freeze for 1 hour, until firm. Allow to thaw slightly before enjoying! Store in the fridge 4-5 days.

*Recipe created by Alyssia Sheikh of Mind Over Munch.*

## **Nutritional Information**

- Total Servings 16
- Serving Size 1 energy ball
- Calories per serving 107
- Fat 7g
- Carbohydrates 11g
- Fiber 1g
- Sugar 4g
- Protein 2g