

Cinnamon Ginger Energy Balls

7 ingredients · 15 minutes · 12 servings



Directions

1. Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
2. Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

Notes

Serving Size

One serving is equal to one ball.

Leftovers

Store in an airtight container in the fridge up to one week. Store in the freezer for longer.

Ingredients

- 3/4 cup** Pitted Dates
- 1/2 cup** Almonds (raw)
- 1/4 cup** Cashews (raw)
- 1/2 tsp** Cinnamon (ground)
- 1/4 tsp** Ground Ginger
- 1/2 tsp** Vanilla Extract
- 1/4 tsp** Sea Salt

Nutrition

Amount per serving

Calories	78	Vitamin D	0IU
Fat	4g	Vitamin E	2mg
Carbs	9g	Thiamine	0mg
Fiber	2g	Riboflavin	0.1mg
Sugar	6g	Niacin	0mg
Protein	2g	Vitamin B6	0mg
Cholesterol	0mg	Folate	6µg
Sodium	50mg	Vitamin B12	0µg
Potassium	121mg	Phosphorous	48mg
Vitamin A	1IU	Magnesium	28mg
Vitamin C	0mg	Zinc	0mg
Calcium	22mg	Selenium	1µg
Iron	1mg		