



SNACKS

# PUMPKIN COCONUT ENERGY BALLS



Serves 10, 2 energy balls per serving

Prep time: 20 minutes ▪ Cook time: 40 minutes

## INGREDIENTS

- 1 ½ cups old-fashioned oats
- ½ cup chopped slivered almonds
- ⅓ cup shredded coconut
- ¾ cup canned pumpkin
- 2 tablespoons honey
- 2 tablespoons pumpkin pie spice
- ¼ teaspoon salt
- ¼ teaspoon cayenne pepper

## DIRECTIONS

1. Preheat oven to 300°F.
2. Place oats, almonds, and coconut on a large rimmed baking sheet. Bake, stirring once or twice, until lightly browned, 8 to 10 minutes. Cool completely on a wire rack.
3. Combine pumpkin, honey, pumpkin pie spice, salt and cayenne pepper in a large bowl. Stir in the toasted oat mixture.
4. Shape the mixture into 20 balls, about 2 teaspoons each. Place the balls on a serving tray. Serve immediately or cover and refrigerate for up to 2 days.

## Nutrition Facts

10 servings per container

Serving size **2**

Amount Per Serving

**Calories 110**

% Daily Value\*

**Total Fat 5g** 6%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 105mg** 5%

**Total Carbohydrate 15g** 5%

Dietary Fiber 3g 11%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein 3g** 6%

Vitamin D 0mcg 0%

Calcium 28mg 2%

Iron 1mg 6%

Potassium 127mg 2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## CHEF'S NOTES

- To make allergen friendly: use oats labeled “gluten-free” for those with celiac disease or gluten sensitivity.

RECIPE BY:

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