

Recipe

PISTACHIO AND CRANBERRY ENERGY BALLS



► ► Vegan, gluten-free, oil-free, refined sugar-free

Yield: 15 balls

Prep Time: 10 min

Cook Time: 10 min

Total Time: 10-20 min

INGREDIENTS

1 cup (100 g) rolled oats

1/2 cup (50 g) de-shelled pistachios

1/2 cup (50 g) cashews

2 Tbsp (25 g) ground flaxseeds

1 cup (175 g) soft, pitted dates*

2 Tbsp (30 mL) maple syrup (or agave syrup)

1 tsp (5 mL) pure vanilla extract

1/3 cup (40 g) dried cranberries, unsweetened if possible

1/4 cup (40 g) dairy-free dark chocolate chips

1/4 tsp cinnamon (optional)

Pinch of salt

DIRECTIONS

1. Roast the rolled oats and whole nuts (if not pre-roasted) at 350 F (180C) for 8-10 minutes or until lightly golden, stirring once halfway. This is optional, and can be skipped if you'd prefer to speed it up or if you'd like a raw recipe (I prefer the roasted flavour more).
2. In a large bowl, add the ground flaxseeds and 3 Tbsp (45 mL) water. Let sit.
3. On a plate, mash the dates with a fork until smooth* (alternatively, you could use a food processor).
4. Add the mashed dates, maple syrup and vanilla extract to the bowl with the flaxseed. Mix to combine.
5. Then add the remaining ingredients and gently toss until evenly coated. Roll into bite-sized balls and refrigerate for 30 minutes. Enjoy as a on-the-go snack or with a cup of tea at home!

NOTES

1. *If the dates are not soft, soak in warm water for 10 minutes, or blend using a food processor instead of mashing with a fork.
2. **Variations:** use another dried fruit instead of cranberry, like dried apple, or substitute the nuts featured in the recipe for any nut of your choosing! You can also try 1/8 tsp ground cardamom seeds in place of the cinnamon for a more middle-eastern flavour.
3. **Storage:** store in an air-tight container in the fridge for up to one week, or in the freezer for up to 2 months.

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